

# KEWANEE HORIZONS

## Volume 36



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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.



# AUTISM AWARENESS

As a parent, who is incarcerated, you've probably spent a lot of time thinking about your child's future. Even more so if they have an autism spectrum disorder, or ASD diagnosis. As we spend our time behind these walls of incarceration we actively search for ways to make our child's life just a little bit better. Apart from the medical care and therapies that you may line up to help your son or daughter, there are simple, everyday tips and suggestions that will make a difference.

Focus on the positive. Just like anyone else, children with autism spectrum disorder often respond well to positive reinforcement. That means when you praise them for their behaviors they're doing well, it will make them (and you) feel good.

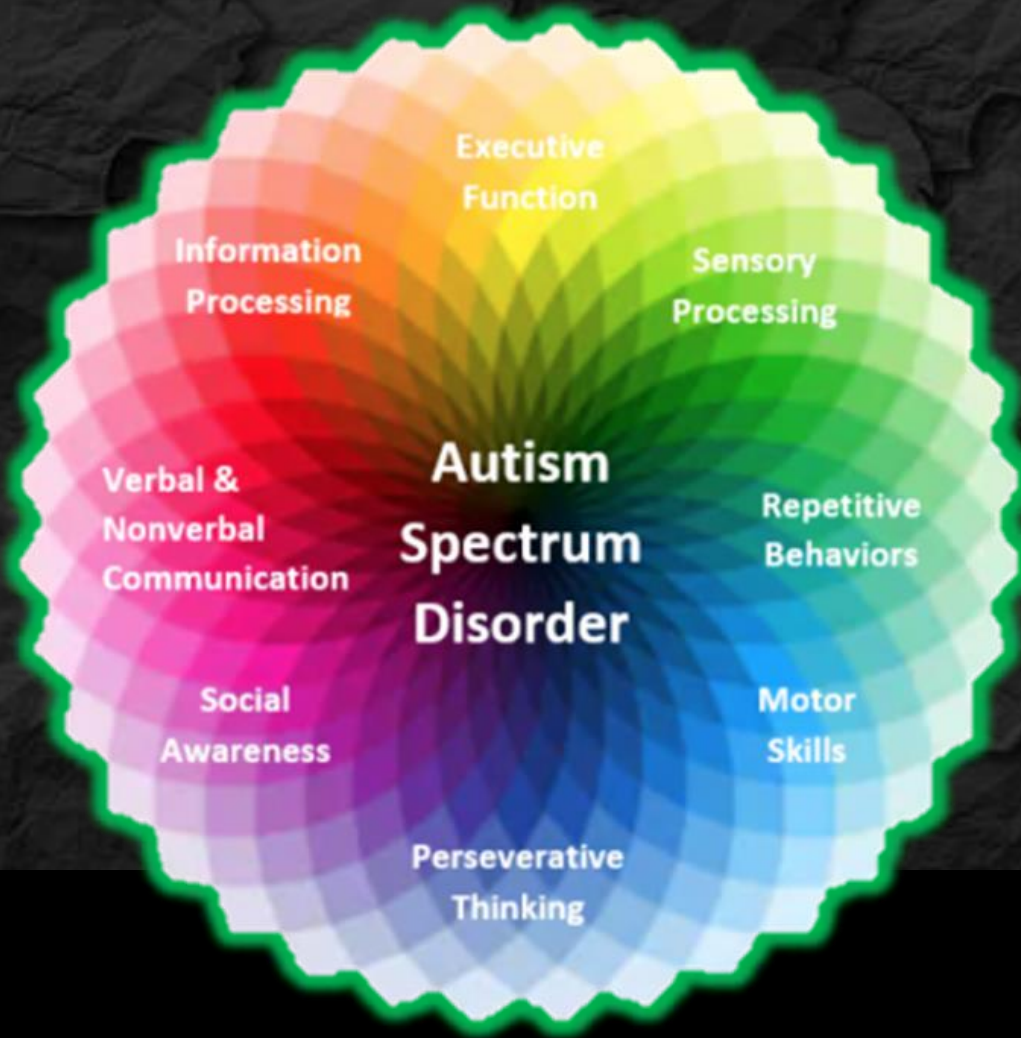
Be specific, so that they know exactly what you liked about their behavior. Find ways to reward them, either with extra playtime or a small prize like a sticker.

Also, as you would with anyone-on the spectrum or not-praise your child for who they are. As a parent, loving your child for who they are is key.

Stay consistent and on schedule. People the spectrum like routines. Make sure they get consistent guidance and interaction, so they can practice what they learn from therapy.



This can make learning new skills and behavior easier, and help them apply their knowledge in different situations. Talk to your partners and the caregivers for your children and try to align on a consistent set of techniques and methods of interaction. We hope this provide insight for you and your family.



- Cut your stress. Parents of kids with ASD often face more stress than those who deal with other disabilities. If left unchecked, caregivers can face breakdowns in relationships and even psychological disorders. Stress can affect your health, too. Stay organized to help yourself avoid getting overwhelmed. This means finding time in your day, just for yourself.

- Meditate
- Exercise
- Get plenty rest, naps included
- Find a healthy balance in your everyday activities
- Take up old hobbies and include your kids
- Pinpoint the real cause of your stress



## Hello Brothers & Sisters,

I have been home for a little over a year now, and, without a doubt, freedom is everything I could have imagined. Being able to repay my family and friends with the love and support they showed me throughout my incarceration is an amazing feeling. Not only that, it's been amazing to come home and experience the working world. Because for one, brothers and sisters, there are jobs out here for us. And, there are genuine people willing to help. In my first article to you guys, I wrote about some of the barriers I dealt with upon returning home; one of the barriers was being open to talking to people again. I thought that closing myself off to everyone but those I considered family would be the best way to survive. But, in the working world, that does not work. This may have been the ideal way for me to function while incarcerated, but as a returning citizen who served 25 years, I had to realize I lacked a lot of experience. I looked and felt awkward. In order for me to overcome that barrier, I had to face it head on and put myself in situations that forced me to communicate and open my mind to new people. It was a struggle, but I did it - I am doing it.





On March 9th, Restore Justice had a Board of Directors meeting. As an apprentice, I had to present the things I've learned and done, including my articles I write to you guys; these articles show my growth in the work space. At first, I was nervous because during the preparation process leading up to the Board meeting, I practiced the presentation with my co-workers. For me, that was the most challenging part because of that damn barrier I now hate. It's hard because when I talk about my lived experience, I do not only think of myself. I think about you guys and the people that made it possible for me to be blessed and have this moment. I don't want to let anyone down. With those thoughts in mind, brothers and sisters, it was a struggle. But, that same energy is what gave me the strength to break through that wall and stand in a room full of my co-workers and Board members, and give my presentation with confidence.

Brothers and sisters, this presentation showed me that, while incarcerated, I could have had the knowledge that I've gained since joining Restore Justice. I'm talking about programs. Yes, I was book-smart while incarcerated, but what I needed was direction and programs, such as computer classes to teach me how to navigate a laptop and training in public speaking. I wish I had been able to participate in informational interviews. These are all things I could have been working on that would have put me 10 steps ahead before coming home. My advice to you guys is to take now if these programs are available. These are things you must know in our world today.

Before I go, I would like to thank everyone that has sent me letters. Thank you for your time and thoughts. For those with concerns about law changes and about the needs of a returning citizen, I will be truthful and answer your questions to the best of my ability.

**The harder you work for something,  
the greater you'll feel when you achieve it.**

**—Anon.—**



## Life of Miss Ruth Brown



By Jesse Myers

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 Dismissal of Miss Ruth Brown written by: Louise S. Robbins (article printed below), and the Immortal Life of Henrietta Lacks, written by: Rebecca Skloot (printed in KH Vol. 35).

A glimpse at the life of Miss Ruth Brown: Born July 26, 1891 Ruth Winfred Brown, she lived with her parents and brother in Kansas until the family moved to California where she attended High School, she also attended Northwestern State Normal School in Alva, Oklahoma.



She graduated from the University of Oklahoma in 1915. During summer, she attended School of Library Service of Columbia University.

She taught for a while but decided to move back home to be nearer to her parents. In 1919, she accepted a job as a Librarian at the local Carnegie Library in Bartlesville. She felt a calling to her work and said she would not marry because the Library was “like a marriage to her.” She was passionate about people especially children who visited the Library, she knew each child by name, and even convinced some of them to become Librarians.

She was a member of the Oklahoma Library Association, and was elected Secretary in 1920, Treasurer in 1926, and President in 1931. During her Presidential year, she gave a speech, which advised Libraries to “Reduce to a minimum worry about lost books” and encourage the many who did not “make use of their right to library service.” She stated that Libraries should provide “recreational culture suited to all needs,” of the community they served, which was forward thinking idea for libraries at that time.

She believed books were for use and wanted “Books worn out by use.” She truly believed that the library should be both a repository for information and a source for wholesome recreation. Brown was a library advocate during the depression and provided useful materials for the unemployed men in the community as well as their families. She was a fervent believer in the principle of “equity of access with her commitment to racial equality in the use of the Public Library.

Miss Ruth Brown had long worked for equal rights for all citizens. As early as the



1920's, she was working to allow equal access to the library for African-Americans. In 1946, after observing how African-Americans soldiers fought in the Army for rights they were denied at home. She established the committee on the practice of democracy in Bartlesville. The (COPD) worked to improve relations among people of all races; more particularly, to foster improvement of conditions arising out of discrimination based on race, creed, or color.

The group joined the Congress of Racial Equality (CORE) becoming the only chapter of CORE below the Mason-Dixon Line. They recruited an African-American Doctor to live and work in the black community of Bartlesville. Together with the YMCA, sponsored interracial conferences and seminars featuring black and white speakers.

In 1939 only 99 of the 774 Southern Public Libraries provided services for African-American patrons. Though these libraries were under the doctrine of "Separate but Equal." African-American libraries received inadequate reading materials, short hours, and minimal budgets. Brown had been providing service to Ebony and Negro Digest. She was also interested in integrating the Children's Story Time; she was dissuaded from doing so by the library commission. She opened an educational exhibit on "Negro cultures from Africa to today."

She continued to push social norms and limits of her day. She upset many whites in her community when she took two female African-American teachers to a local diner. The diner refused to serve them and the three of them staged a "Sit in." She also took African-American friends with her to church, and promoted a lecture by Bayard Rustin, an African-American Quaker Pacifist. Almost immediately, the leaders of the community began to re-



move her. Then began a racial driven persecution of Miss Ruth, led by the American Legion. They used McCarthyism tactics to counter the forces of integration. They formed a citizen's committee to work toward her dismissal. They had racially bias driven motives, but could not remove her for her views because she displayed them only on her own time. So they plotted to attack her for supposedly having subversive materials in the library. The library board conducted a thorough examination and revealed they could find no subversive materials. On March 9, 1950 the paper published a picture of the materials in question, a pile of copies of the Nation and the New Republic and magazines and a book with communist views that had been in the library for years. Only 3 publications were subscribed to the library and could not be located for years.

On July 10, the city commission thanked the library board then dismissed them all. They appointed a new board, which supported the city's position regarding Ruth Brown. Brown was interviewed on July 25, 1950 by the city commission and refused to answer any questions about her private life. When asked about having subversive materials in the library she responded that they were three of seventy-five publications to which she had subscribed. Further, she continued, she did not feel she should censor what her public chose to read and that she had subscribed to them for 15-20 years. However, in spite of no clear evidence of subversion, she was fired the same day.

Allegations of subversive communist activity centered on threatening the "American way of life," as it was put by one of her antagonists, the postmaster and library board Chairman E.R. Christopher. Bartlesville's elite resorted to censorship and suppression to silence the proponents of racial justice and equality, and rid the library of supposedly sub-



versive materials. McCarthyism was an effective means to ensure the persecution of Bartlesville's conservative power structure. My opinion is, it is still being used as a tool of oppression to this very day in our country. Though they fired Miss Ruth Brown for "insubordination", the truth is they really fired her for trying to protect the libraries position of intellectual freedom and the right to free speech.

A group of supporters tried to pursue her case in court without success due to lack of constitutional standing, "imagine that." The Oklahoma Library Association, the ALA and ACLU protested the attack on intellectual freedom and Bartlesville continued to be scrutinized on a national level. The attention surprised and rightly so embarrassed the town. Finally, on March 11, 2007, 37 years after her death a bronze bust of Miss Ruth Winfred Brown was unveiled at the Bartlesville library and a library scholarship fund was established in her honor.

I will leave you with this; there are so many great women in History and among us each day. I chose these two great women at random because there was no way to judge whom to choose. My suggestion is that we all choose one or two women and find a way to thank and honor them. Thanks to all women for your hard work, love, determination, and concern for others and the many other things you do in this life, we see you and we love and appreciate you. From all of in Kewanee we want to give a shout out to the women that help make this place what it is. Guys I urge you to let the ladies know we care. Lastly check out the book the dismissal of Miss Ruth Brown written by Louise S. Robbins and support your local public library system.





## PEER LED SHOWCASE

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

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



# BIG ROB'S ROOFING GROUP

## BIG ROB'S ROOFING GROUP LESSON #9

### "HIP ROOFS"

Welcome back to another lesson from Big Rob's roofing group! I hope and pray you had an amazing month. Let's talk about, "Hip Roofs".

A hip roof has four sloping slides. Four Hip rafters run at a 45° degree angle from the corners of the building to ridge board. Hip jack rafters frame the space between the hip rafters and the tops of the exterior walls. (Figure 48-1)

Common rafters for hip roofs extend from the ridge board to the wall plates, similar to gable roofs.

The king common rafter extends from the ends of the ridge board to the top plate. Another common rafter, commonly called the side king common rafter, extends from the end of the ridge board at a 90° degree angle.

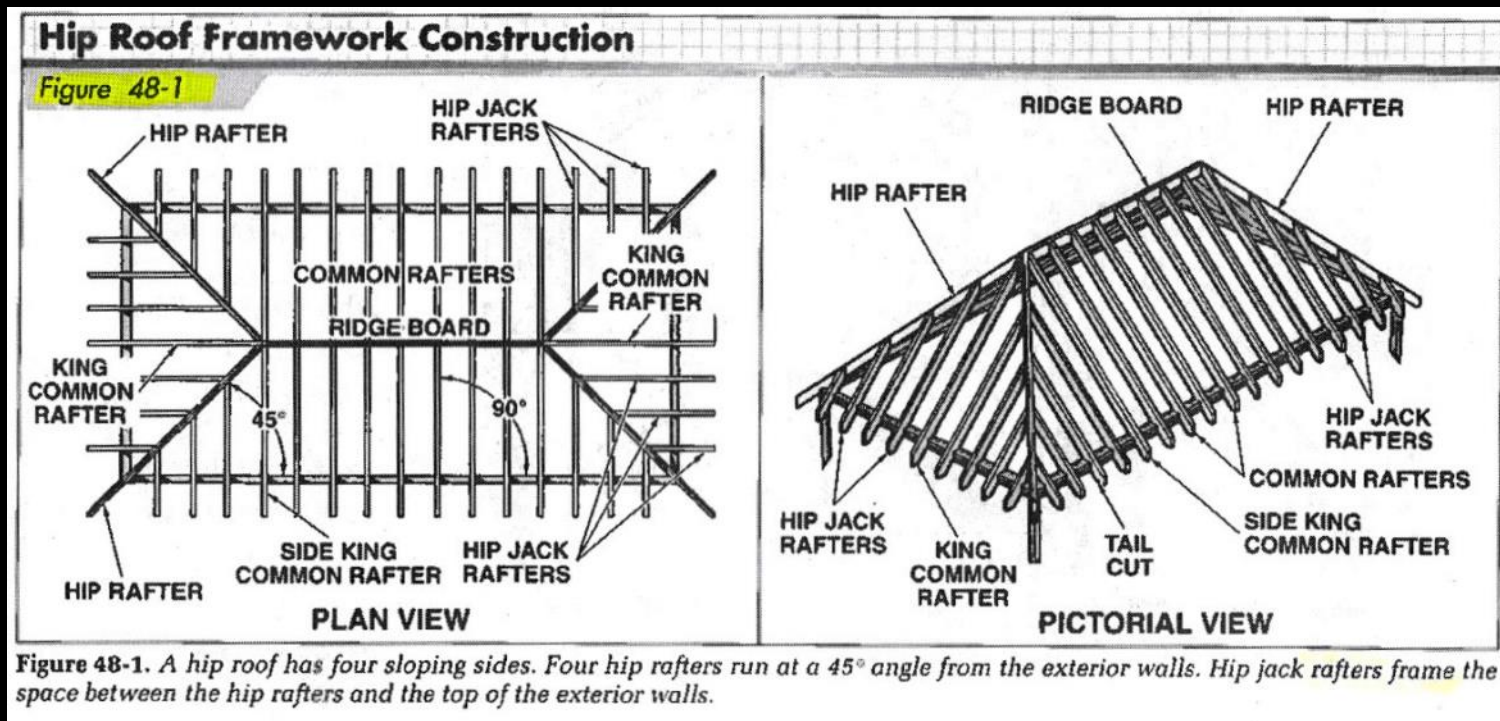


Figure 48-1. A hip roof has four sloping sides. Four hip rafters run at a 45° angle from the exterior walls. Hip jack rafters frame the space between the hip rafters and the top of the exterior walls.



# BIG ROB'S ROOFING GROUP

## Hip Rafters

A hip rafter travels at a diagonal (45° angle on a plane view) to reach the ridge board and is longer than a common rafter. Hip rafters differ from common rafters in other ways. In addition to plumb cuts at the ridge, heel, and tail, a hip rafter requires side cuts where it meets the ridge. Side cuts are also necessary at the tail in order for the overhang of the hip rafters to align with the overhang of the common rafters. (Figure 48-2) The procedure for marking rafter side cuts is explained later. Layout is usually not done until the rafter lengths are calculated.

The unit run of a hip rafter is 17" inch, compared with 12" inch for a common rafter. Since a hip

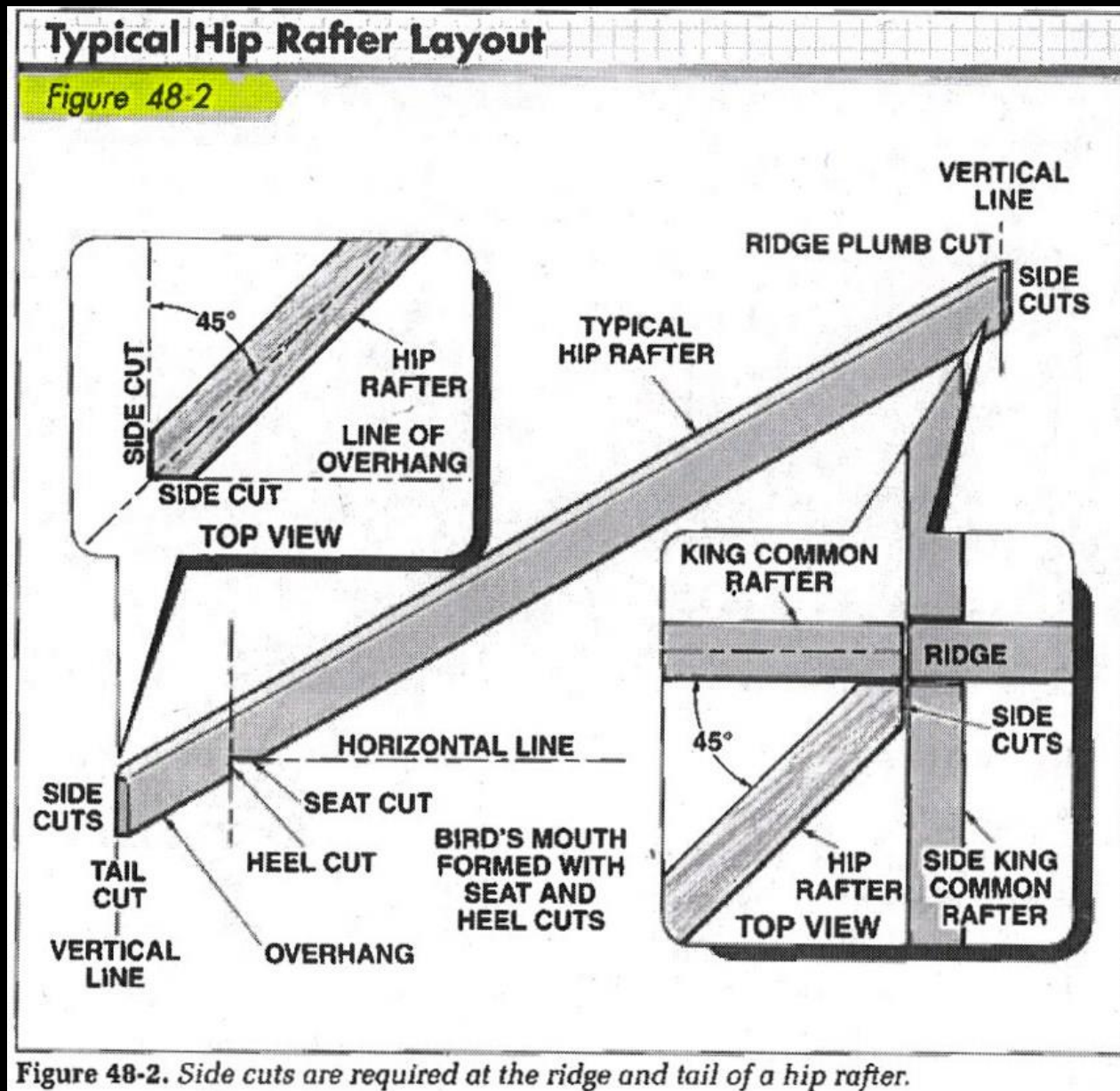


Figure 48-2. Side cuts are required at the ridge and tail of a hip rafter.



# BIG ROB'S ROOFING GROUP

rafter runs at a 45° degree angle to the common rafter, its unit run is calculated using the diagonal of a 12" inch square. The diagonal of a 12" inch square is 16.97" inch, which rounds up to 17" inches. A hip rafter must run 17" inch in order to reach the same height that a common rafter reaches in 12" inches (Figure 48-3)

Traditionally, the framing square has been used to lay out angled cuts and lengths on hip jack rafters. The Speed Square is now also being used to lay out these rafters. Hip and Hip jack rafter layout using the framing square and Speed Square are the same and are both discussed in this unit.

## Calculating Hip Rafter Lengths.

Hip rafter lengths, like common rafter lengths, can be calculated by four methods – the framing square rafter table, a book of rafter tables, the step-off method that combines laying out with calculating length, and through mathematical calculations.

### Framing Square Rafter Table

A framing square imprinted with a rafter table can be used for calculating hip rafter lengths using the same procedure as used for common rafters, except that the second line of

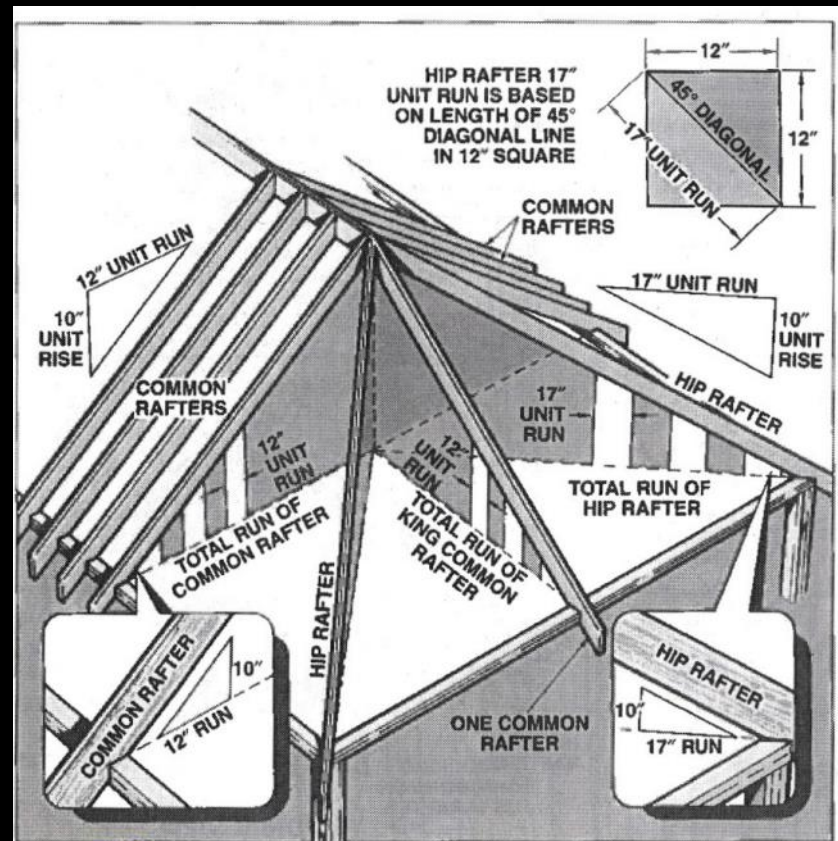


Figure 48-3. The unit run of a hip rafter is 17", which is the 45° diagonal of a 12" square.



the table is used rather than the first line. The second line shows the length of hip or valley per foot run. The mathematical procedure is shown in the following example.

**Example:** The roof has a 6" inch unit rise and a 28' foot total span.

Divide the total (28') span by 2 to determine the total run  $28' \div 2 = 14'$  total run.

Look below the number "6" at the top of the framing square. On the second line, the number "18" is given as the length of hop or valley per foot run.

Multiply the length of hip per foot of run (18") by the total run (14').  $18' \times 14" = 252"$  or 21'0"

### Book of Rafter Tables

Hip rafter lengths can also be calculated using a book of rafter tables as described earlier on.

### Shortening Hip Rafters

All methods for calculating hip rafter length discussed in this text use the theoretical length rather than the actual length. The theoretical length is the distance from the heel plumb cut line to the center of the ridge board. One-half the diagonal thickness of the ridge board that fits between the rafters must be subtracted from the theoretical length. For example, the diagonal thickness of a 1 1/2" thick ridge board is 2 1/8". Therefore, 1 1/16" is subtracted from the theoretical length ( $2 - 1/8" \div 2 = 1 1/16"$ ) at a right angle to the plumb line. Hip roofs may or may not be framed with king common rafters. If king common rafters are used, one-half the diagonal thickness of the common rafter must be deducted from the hip rafter. The procedure for shortening hip rafters are shown here (Figure 48-4, next page)

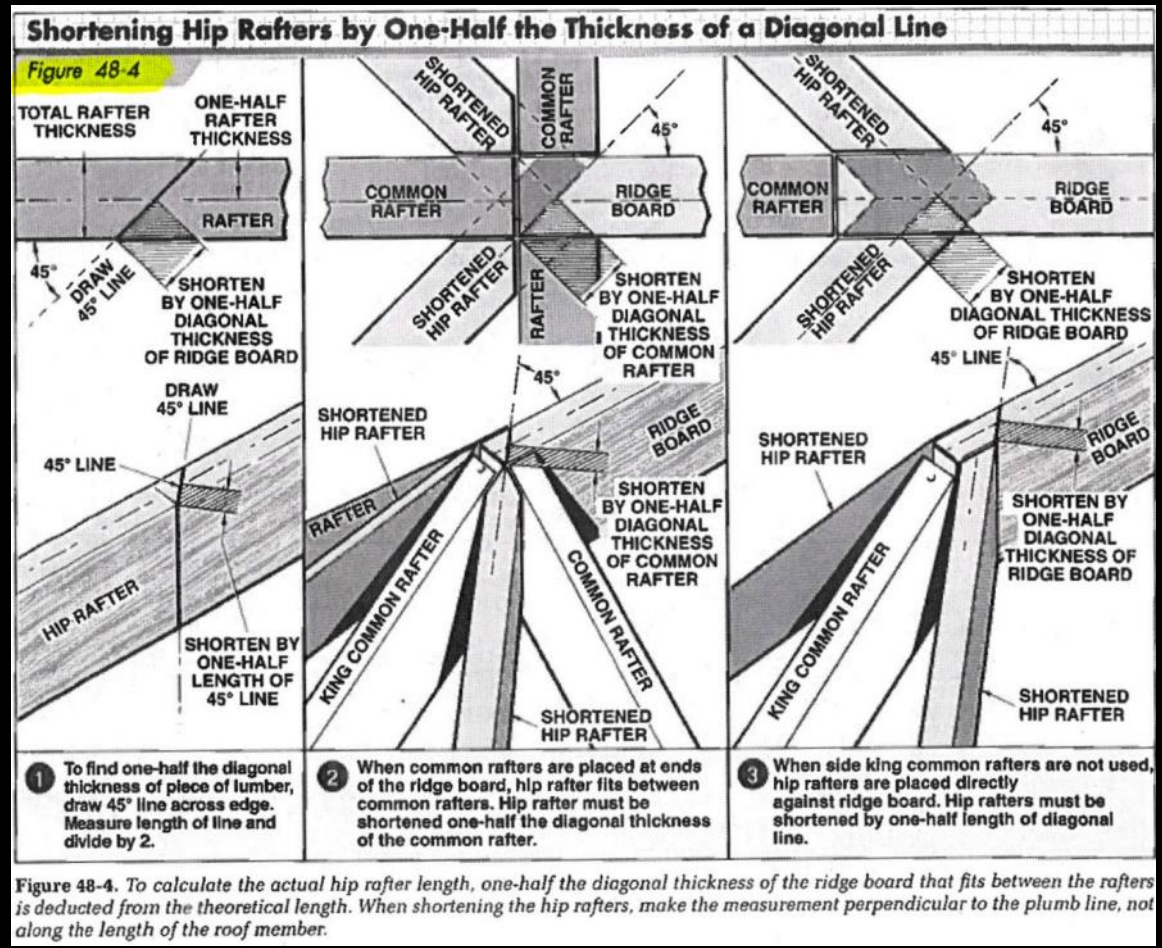
# BIG ROB'S ROOFING GROUP

Thank you for reading Lesson Nine. Next time we will be talking about "Laying out Hip Rafters" here are a couple more roofing tips for yuh!

1. Never use your entire body as a tool when pulling something loose from the roof; it can result in falls. Set your body in an appropriate position form the shoulders down, using he motion of your arms only as a means of pulling something loose. If you use your lower back as a hinge while pulling, and the material comes loose, you might fall backwards.

2. Never stand on the rake edge of a roof with your feet next/close to each other. If you slip in this position, you are likely going off the roof. Rake edges and eaves should be approached with caution and unless you are in the process of laying shingles, you should most often not be standing near rake or eave.

Well community the weather is getting nice and roofing season is upon us. Stay Safe and git-r-done bang bang bang. Thank you for reading and God Bless.

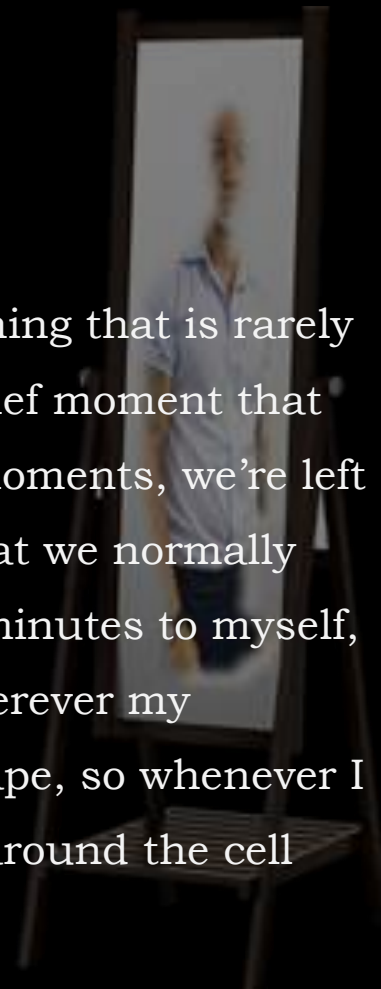
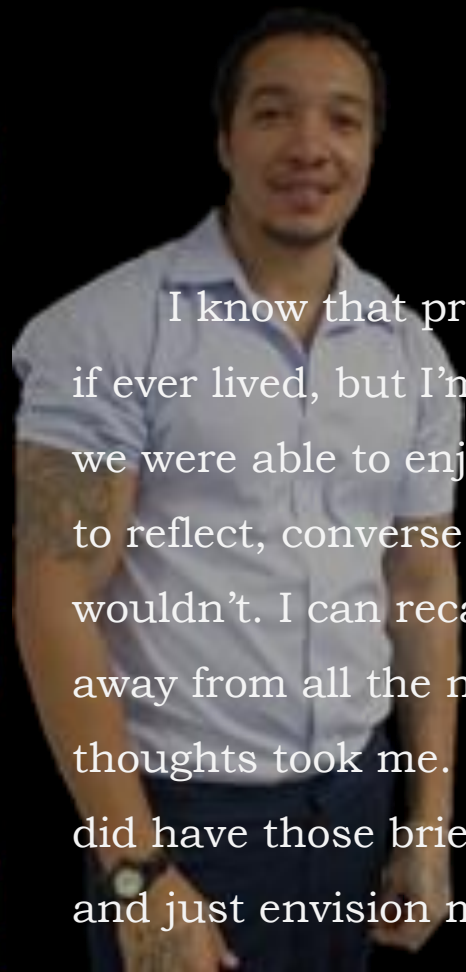


# "REFLECTION"



By: Tiiyon T. Byrd

I know that privacy and having alone time in your cell is something that is rarely if ever lived, but I'm quite sure that the majority of us have had a brief moment that we were able to enjoy that moment of peace and solitude. In those moments, we're left to reflect, converse with ourselves, reminisce, and think of things that we normally wouldn't. I can recall many times that I couldn't wait to have a few minutes to myself, away from all the noise, away from all of the chaos, to just enjoy wherever my thoughts took me. I've always been someone that uses music to escape, so whenever I did have those brief moments to myself, I'd usually sing and dance around the cell and just envision myself somewhere other than prison.



For the moment, it always worked, it helped me escape the reality all around me. Those who have experienced the same know that you also peek outside the cell every few minutes to make sure no one is watching. As I've mentioned before, mental-health is something that should never be taken lightly, and your mental-health is what you need to always be aware of, and make sure that you're alright. Singing out loud, dancing around in the cell, talking to yourself, allowing your mind to take you somewhere other than prison is something that definitely helps you cope with reality. None of us were created to be stuck in a cell living with another person in such a small, confined space, but being that that's the reality for some of us, we have to make the best of it, and find ways to cope with it as best as possible, and as healthy as possible.

One of the things that I've found myself doing over the years, and not really thinking about it until just recently, was always taking the time to really look at myself in the mirror. Don't get me wrong, I know that it's highly unlikely to find a decent mirror that you can actually look at yourself, but as long as you can see yourself clear enough, that's all that matters. Every time I'd look at myself, I'd spend as much time as I possibly could talking to myself about my circumstances, how I got where I am, "why", and how to make sure that it never happens again.



Some people would consider any of those behaviors as “crazy”, but who cares? The point is to do any and everything that works for you, and helps you to cope in a healthy way and continue to grow. Being incarcerated forces you to truly learn yourself, it shows you your strengths, your weaknesses, and best of all, proves that you are stronger than what you think. I can’t speak for everyone when I say this, but prison is something that shows you that there are things worse than having to struggle a little bit in life. What I specifically mean by that is that some people have way too much pride when it comes to having to do certain things to get by. I’ve heard so many people say they would never work a minimum-wage job, or work at a fast-food spot, bag groceries, or anything that they felt was “broke-people” jobs.

I’m dying to know how that even makes sense. Those same people that are out there with those “broke-people” jobs have something to celebrate all day every day, which is their freedom. I’m not saying that as a shot at anyone, my point is that we need to all learn how to put that pride in our back pocket sometimes and do what we have to do. Explain to me how you can refuse to work a job like that while you’re free, but in prison, people are literally flying kites to placement about a job that pays you a lot less than what you would be making working at a fast-food spot in the free world. It makes zero sense right? Yeah, I know.



I know that bills pile up, things sometimes get out of control, but what that ultimately means is that you're living beyond your means. Sometimes you just have to take a step back, breathe, and hit that restart button. A lot of us ended up behind these prison walls because we were moving faster than what our brain was thinking. The next time that you have a little time to yourself, time enough that you can really do some deep thinking, I encourage you to think about what it is that you want in life. After you've figured that out, even if it's not a full and complete plan/idea of what you truly want, start mapping out all of the things that you need to do in order for you to make it happen. It took me a very long time to love the person that looks back at me in that mirror. I've had to let go of a lot of bitter feelings that I've had about people, the prison system, and everything else. At the end of the day, no one is to blame for our actions other than ourselves. No one owes us anything, and that's something that a lot of us need to understand. That person in the mirror that looks back at you, is you.

**Only you can change that person, no one else.** Please, everyone, take care of yourselves. Make sure that you take the time out for yourself to make sure you're alright mentally. Continue to learn yourself, and do a better job of loving yourself. As always, I leave you all with love and well wishes!







## STEVE DA BARBER

It's your boy STEVE DA BARBER over here at KLSRC coming to you today to speak about why a career in barbering might be the move for you. Long gone are the days of your mom & pop shops where a cut was \$10 and extra \$5 if you wanted to kick in for the facial. Today's barbers right out of barber school are pulling in upwards of \$50 a cut. Now for all you hustlerz and mathematicians out there let's think about \$50 a cut, 5 to 10 heads a day, 5 work days in a week 6 if you're anything like me equals I done ran out of fingers and toes let me holla at bulldog and get the math on that. Ching Ching! anywhere from \$1250 to \$2500 a week. Need I remind you that its 52 weeks in a year. So if you're looking to get into a skilled trade whose upward trajectory is out of the stratosphere and you can be your own boss, a career path in barbering is for you. Stay tuned for my next post where I'll be highlighting the best barber schools in the Midwest along with prices to attend and grants you may be eligible to help fund your career.



# ARAB-AMERICAN HISTORY

## WEEK 2

As-Salamu-alaikum (May the peace of Allah (SWT) be with you.) Raaid here again with some more information on Arab and Islamic influences to civilization. The following is on the field of medicine about a man named Abu Bakr Al-Razi. I hope you enjoy.



# ANOTHER ONE!

## MEDICINE

There is a great influence of Arab civilization in the field of medicine. A man named Abu Bakr Al-Razi was a Persian Physician, Philosopher, and Alchemist who lived during the Islamic Golden Age. He is widely regarded as one of the most important figures in the history of medicine, and also wrote on logic, Astronomy and grammar. He is also known for his criticism of religion, especially with regard to the concepts of prophet hood and revelation. However, the religion-philosophical aspects of his thought, which also included a belief in five “Eternal Principles”, are only recorded by authors who were often hostile to him.

A comprehensive thinker, al Razi made fundamental and enduring contributions to various fields, which he recorded in over 200 manuscripts, and is particularly remembered for numerous advances in medicine



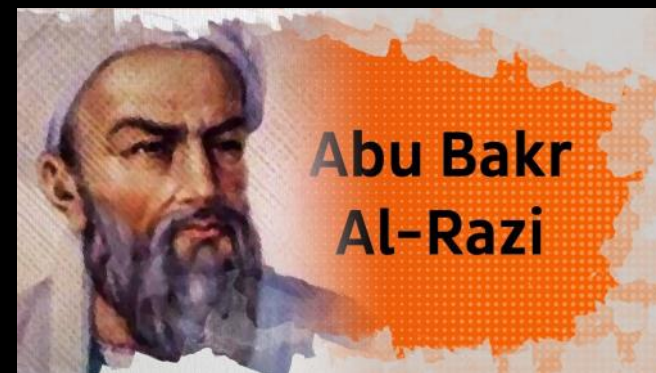
through his observations and discoveries. An early proponent of experimental medicine, he became a successful doctor, and served as chief physician of Baghdad and Ray hospitals. As a teacher of medicine, he attracted students of all backgrounds and interests and was said to be compassionate and devoted to the service of his patients, whether rich or poor. He was the first to clinically distinguish between smallpox and measles, and suggested sound treatment for the former.

Through translation, his medicine works and ideas became known among Medieval European practitioners and profoundly influential medical education in the Latin West. Some volumes of his work Al-Mansuri, namely “On surgery” and “A general book on therapy” became part of the medical curriculum in Western Universities.

Edward Granville Browne considers him as “probably the greatest and most original of all the Muslim physicians, and one of the most prolific as an author.” Additionally, he has been described as the father of pediatrics, and pioneer of obstetrics and ophthalmology. Notably, he became the first physician to recognize the reaction of the eyes pupil to light.

Al-Razi was born in the city of Ray into a family of Persian stock and was a native speaker of Persian language. Ray was situated on the great Silk Road that for centuries facilitated trade and cultural exchanges between East and West. It is located on the southern slopes of the Alborz Mountain range situated near Tehran, Iran.

In his youth, Al-Razi moved to Baghdad where he studied and practiced at the local Bimaristan (Hospital).

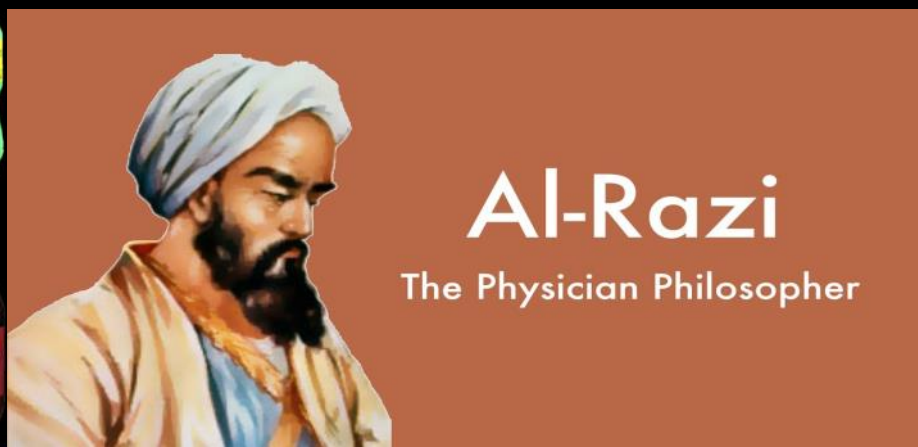


Later he was invited back to Ray by Mansur Ibn Ishaq, then the Governor of Ray, and became Bimaristan's head. He dedicated two books on medicine to Mansur Ibn Ishaq, The Spiritual Physic and Al-Mansur on medicine. Because of his newly acquired popularity as physician, Al-Razi was invited to Baghdad where he assumed the responsibilities of a director in a new hospital named after its founder Al-Mutadid.

Under the reign of Al-Mutadid's son, Al-Muktafi Al-Razi was consumed to build a new hospital, which should be the largest of the Abbasid Caliphate, to pick the future hospitals location, Al-Razi adopted what is nowadays known as an evidence base approach suggesting having fresh meat hung in various places throughout the city and to build the hospital where the meat took longest to rot.

He spent the last years of his life in his native Ray suffering from glaucoma, his eye affliction started with cataracts and ended in total blindness. The cause of his blindness is uncertain. One account mentioned by Ibn Juljul attributed the cause to a blow to his head by his patron, Mansur Ibn Ishaq, for failing to provide proof of alchemy theories; while Abulfaraj and Casiri claimed that the cause was a diet of beans only. Allegedly, he was ap-

proached by a physician offering an ointment to cure his blindness. Al-Razi then asked him how many layers does the eye contain and when he was unable to receive an answer, he declined the treatment stating, "My eyes will not be treated by one who does not know the basics of its anatomy."



The lectures of Al-Razi attracted many



students. As Ibn Al-Nadim relates in his history, Al-Razi was considered a Shaikh, an honorary title given to one entitled to teach and surrounded by several circles of students.

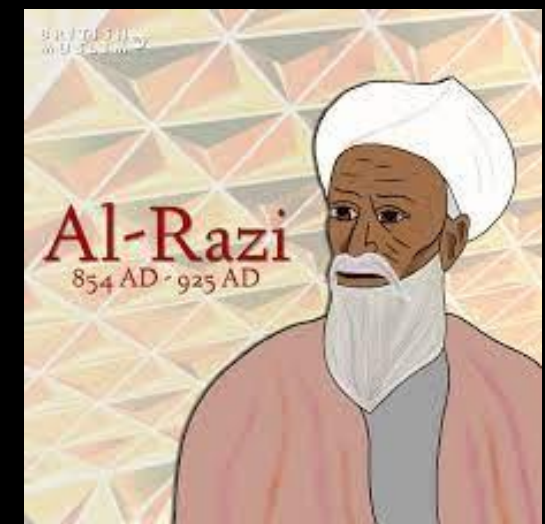
When someone raised a question, it was passed on to the student of the “First Circle;” if they did not know the answer, it was passed on to the those of the ‘Second Circle’ and so on. When all students would fail to answer, Al-Razi himself would consider the query. Al-Razi was a generous person by nature, with a considerate attitude towards his patients.

He was charitable to the poor, treated them without payment in any form, and wrote for them a treatise named *La Yahduru al-Tabib*, or who has no physician to attend him, with medical advice. One former pupil from Tabaristan came to look after him, but as Al-Biruni wrote, Al-Razi rewarded him for his intentions and sent him back home. Proclaiming that his final days were approaching. According to Biruni, Al-Razi died in Ray in 925 sixty years of age. Biruni, who considered Al-Razi his mentor, among the first to pen a short biography of Al-Razi including a bibliography of his numerous works.

Ibn Al-Nadim recorded an account by Al-Razi of a Chinese student who copied down all of Galen’s works in Chinese as Al-Razi read them to him out loud after student learned fluent in 5 months and attended Al-Razi’s lectures.

After his death, his fame spread beyond the Middle East to Medieval Europe, and lived on.

Hope you learned something new and will read next week’s article on Astronomy and Architecture.



# RAMADAAN MUBAARAK! (BLESSED RAMADAN)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

By: Keith Talley

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

*“We have adorned the earth with attractive things, so that WE may test mankind as to which one is best in conduct, but WE shall reduce all this to barren waste. (18:7-8)”*

Although the legal requirements of fasting during the month of Ramadaan is fulfilled through abstaining from ingesting any food, drink, smoke or engaging in sexual intercourse, there is a spiritual component to the fast that if ignored, will at best grossly diminish the quality of the fast. *Prophet Muhammad (PBUH) warned, “It may be that a faster derives nothing from their fast except hunger and thirst.”*



Technology, if use correctly, can be an effective tool in helping the fasting person build **Taqwa** (Allah-consciousness), keep the remembrance of Allah ever-present on their mind, and consequently experience a successful fast. The following is an **Islamic Playlist** to help us use our GTL tablets as a blessed, beneficial tool.

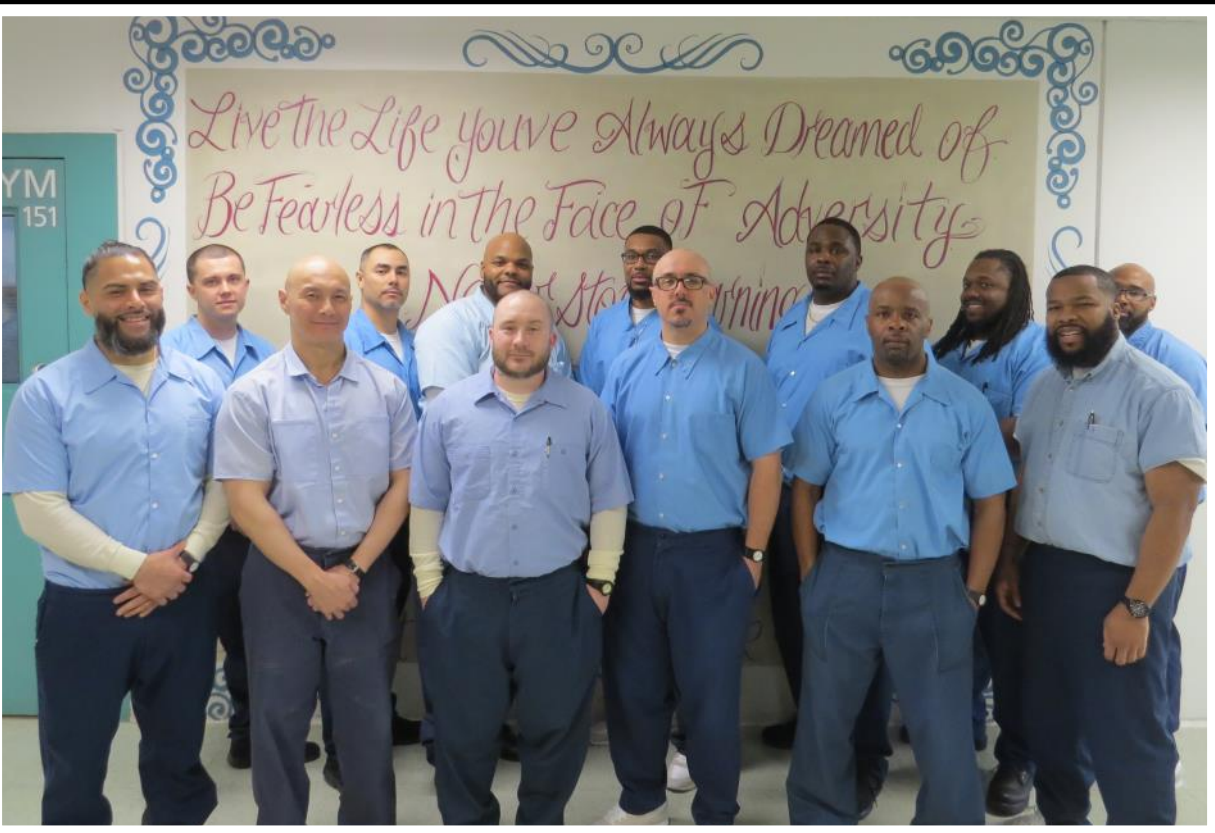


## As-Salaamu Alaikum (Peace Be Upon You)

SEARCH	COMMENTS
Qari Waheed Zafar Qasmi	Complete Qur'aan (Arabic/English) vol. 1-48
Ashraf Imran	Complete Qur'ann (English Only)
Muhammad Abu Muawiya	Adhan
Ilmquest	***Over 300 tracks of Islamic lectures***
Hasan Somali	Khutbahs
Umar Quinn	Khutbahs
Abu Uwais	Khutbahs
Imam Suhaib Webb	Khutbahs
Hamza Abdur-Razzaq	Khutbahs
Rashid Barbee	Khutbahs
Yusuf Islam	Khutbahs
Imam Abu Hanifa	Khutbahs
Hafiz Hamidun	Dhikrs



## When Preparation Meets Opportunity



It is always an inspiring sight to see when a new group comes to Kewanee. Those of us who have had an opportunity to experience the changes that can be made here, can benefit from looking through a new set of eyes. It can remind us of the places we've come from and the responsibility we share to keep this experiment alive. The following pages are some short articles from KLSRC's newest group. We hope their stories will inspire you to keep the faith and continue to work toward bettering your local spot (where ever that is right now), bettering yourself and keeping hope alive even if things are messed up for you right now. Stay strong and stay resili-





# "THE 13"

By: Andrew Suh

The number 13 has always gotten a bad rap. Anything associated with this number is jinxed. The origins of this stems from Christendom's Last Supper, there were 12 apostles and of course the 13th being Judas Iscariot; need I say more? Nonetheless, American folklore/urban legend has usurped this and embedded this into our collective superstitions and psyches. A prime example would be unreasonable fear of Friday the 13<sup>th</sup>.

Then there is the age old saying of "Beware the Ides of March." This was from Shakespeare's Julius Caesar where the soothsayer prophesized the betrayal and murder of Julius Caesar. The soothsayer warned of Caesar's demise and this date, March 15<sup>th</sup> has a negative connotation; similar to the legend of the number 13.

For us, the new arrivals, our reality is that on March 15, 2023, the **Ides of March, thirteen (13)** Individuals in Custody had the trajectory of our lives forever altered for the better. From every corner of the state, from different facilities, we all boarded our respective transports and



found ourselves here, in this brave new world called the Kewanee Life Skills Re-Entry Center.

A bit of back story, sad but true, collectively the 13 of us accounted for over **262 years of total incarceration**. Somehow, somehow we all found our way here. When we got off our transports we were hungry, emotionally spent and tired, after a long day on the road. Our wrists rubbed raw from the handcuffs, we sat silently in the gym, when the Day to Day Warden Carothers came in and spoke to us. During his talk he said, "Real Talk, there are 27,000 individuals in custody (IIC) inside of IDOC and the thirteen of you were handpicked. You did your time and now it is time for you to start preparing yourself to make it home. I hope this will be the last time you will ever have to feel the handcuffs on your wrists!" Listening to him talk, we choked back the swell of emotions. We were inspired and dare I say grateful for this opportunity. Then as we stood to exit the gym, the Day to Day Warden Carothers, shook each and every one of our hands. Talk about having surreal moment, where the reality of this place was coming into focus.

This is the truth, the oppressive weight of years and decades within these brutal walls of incarceration damaged us all. Like it or not we are institutionalized. Because of our incarceration inevitably we are products of the Animal factory that is prison. Finally after all these years, we have arrived at an oasis, where we can finally breathe and learn to de-program. This is our final stop in our evolution. Walking around this place unencumbered, we can sense a palpable paradigm shift. We have been given the valuable tools to offset the horrendous traumas we have been forced to deal with. For most of us, we placed ourselves in prison, but now after decades of incarceration we can finally receive the help we desperately need. For us, we can learn to purge the institutionalization from our consciousness and learn to be human beings. With the hope we can be returned to useful cit-



izenry, sooner rather than later.

No matter what urban legend or superstition says about the number 13; no matter what an ancient soothsayer prognosticated about March 15, these two negatives are NOT marks against us. We are NOT the double jinxed group. Quite to contrary I counter with immutable truth about our group. We navigated decades upon decades within this world of incarceration. We kept our noses clean, we did the right things, we wrote the essay and we were hand chosen to be here. This is our time to make an impactful difference in our lives and the people around us. I close with this observation. There is a fundamental truth rooted in mathematical principals. Two negatives multiplied by each other will result in a positive. In the instance of our group of 13 that transferred in on the ides of March, these two negatives resulted in a net positive.

***“The past is history,  
the future is a mystery  
and the present,  
it is a GIFT.”  
—Anonymous—***



## My Kewanee Experience

By: Halik Williams

My Kewanee Experience is one that's indescribable. It began the moment I was informed that I had been accepted for transfer to Kewanee LSRC. Often while incarcerated good news is sporadic. Hearing that I would be transferred was music to my ears. However, prison has conditioned many to believe, that we're not worthy of positive things, that it happens to everyone but us. Though, I was excited, subconsciously I was bracing myself for one or two things. One, being told it was an error. Two, which I would be on the next transfer and it never comes.

Fast-forward to March 15<sup>th</sup> the big day, it was real. I was in the van/then on the bus to Kewanee. At one point I caught my self smiling, which is a rarity. With my birthday 5 days away in my eyes it was more than a transfer, it was a gift. On the ride I couldn't do anything but think about the privilege and opportunity that I had been afforded.

Upon arriving at Kewanee the first thing I notice was the lack of aggression or hostility from both staff and individuals in custody. Instead what we received was a welcoming committee. This consisted of the Warden Carothers and other



residents. This was a first for me the Warden spent 3hrs informing us of his expectations and encouraging us to ask questions.

I'm not finished, instead of receiving just an orientation manual and learning through trial and error. We had orientation for 10 days, shout out to Ms. Rowan. Thanks, to her we were introduced to every department in the facility. As I mentioned earlier we arrived 5 days before my birthday. So, on my birthday another first occurred a staff member telling me out of no-where happy birthday, thanks Ms. Scott. She went out of her way to learn about each of us.

It would be remiss on my part if I didn't extend my Gratitude to all Of those involved with Kewanee Horizons, thanks for making me part of the team. Also, those in the Art Room for making us feel welcomed.

I know, that with clemencies pending and some being denied, the arduous appeal process, and the stress that comes with being incarcerated. It's a struggle to **Stay Focus** and keep **Our Composure**. However, I encourage you all to continue to stay positive and productive. The day is coming were you to will smile and see your hard work pay off.

**“Thoughts become things. If you see it in your mind, you will hold it in your hand.”**

**-Bob Proctor, *You Were Born Rich***



# Living in the Moment

By: Elbert Conway

Have you ever experienced something that seemed like it fit right into your plans but feared that it was too good to be true and that someone or something would come along and screw it all up? I promise you this is exactly how I felt the day I arrived at Kewanee. Over the years, I had been exposed to so much negativity that I had become conditioned not to expect good things to come my way.

Regardless of the hard work I had put in to be in a place like Kewanee, I still didn't feel worthy of being here once I arrived. This is what the many years of incarceration had done to me; however, I soon came to realize that Kewanee is different. It's actually rejuvenating. So thanks to all the incarcerated individuals here at Kewanee for welcoming me with open arms. It may take a while for me to shake the feeling of this essential element for our mental elevation possibly being taken away, but because of you guys I'm learning to live in the now and to take it one day at



a time. Also, I appreciate all the hard work and dedication the KLSRC staff and those behind the scenes have done and are doing in making such a positive place for change.

Reliable studies have proven that to change years of criminal and aggressive behavior (habits) requires the implementation of new habits. Unfortunately, a person who has been taught throughout his or her life to meet aggression with aggression can possibly end up stuck in a perpetual cycle of anger when he or she enters IDOC, a place where almost everyone has their chest poked out as a show of dominance. How is a criminal minded or aggressive individual supposed to change in that sort of environment? This is why places like Kewanee are important. Kewanee is built on rehabilitation and providing those incarcerated with the indispensable tools for re-entry. This place has the potential to change a person's life for the better, but you have to be open minded and willing to change/grow.

-

I know I am.

**TRANSLATION: If you're feeling hopeless or unworthy of anything good in life, it's possible you're too focused on the negative and not the positive. Your thoughts create your world. When you change your negative thoughts you change your energy, and when you change your energy you allow positivity to enter your life. If you want to improve your situation you must ask yourself, "What am I focusing on?" Remember this: Change comes with change.**





## The Market Corner:

### Stop Losses and Sell orders

By: Robert "Bulldog" Kennedy

Whenever you buy a stock, you are putting your hard earned money at risk. You shouldn't be alarmed by this because you already knew that. However, did you know you can limit your risk by applying a "stop loss" to protect yourself from extremely large losses? The way it works is whenever you purchase a stock, such as Apple for example, at a price of lets say \$150 per share, and you want some downside protection, you can attach a "stop loss" to your position. You have to determine how much of a potential loss you are willing to stomach if indeed Apple takes a turn for the worse. For example, let's say you don't want Apple to fall more than \$2 per share.



Simply attach a “stop loss” of \$2 on the stock and if Apple is trading at a price of \$150 per share, the stop loss will not allow Apple to go lower than \$148 per share. If Apple hits \$148 per share, the shares will automatically be sold. Cool right? Finally, someone’s got your back! This is simply a way to protect your downside. Last issue, we discussed how emotions can play a major role when you trade or invest in the stock market. The two main emotions that overwhelm most traders are “fear” and “greed”. When the average investor/trader has their hard earned money in a stock, fear can become much more powerful than greed. The thought of losing too much money is a traders worst fear. You are in the market to make money not lose it, right?

Stop losses are an essential part of a traders life. The idea behind this concept is to protect your profits and limit your losses. This brings us to “**sell orders**”. Sell orders are put in place to **automatically** sell your stock for a predetermined price. You decide to take profit before the stock gets to a certain price. For example, you purchase Microsoft at a price of \$275 per share. You decide right then and there you want to sell at a price of \$300, when and if it gets there. If you attach a “sell order” on Microsoft at \$300, if it actually reaches this level, it will automatically be sold for you at the price of \$300. There is no emotion in this type of trading. You have simply decid-



ed ahead of time what type of profit you are willing to take regardless of what happens next. Yes, Microsoft could continue to climb, but you chose to sell at a specific price. No emotional trading, just a business decision. Purely a numbers game, no emotion involved. Same goes with a stop loss, no emotions involved, just sell my stock automatically if it reaches a certain depth. I trade this way most of the time, but not in every situation. When I'm trading a very volatile stock in a extremely volatile market, I use slightly deeper stop losses because in a volatile environment a wild plunge in a stock price **could rebound quickly**, and if you have a tight stop loss you will be sold out of your position and not reap the benefits of the upward swing that is possibly only minutes away. Yes, it's **riskier**, but I enjoy a certain amount of risk.

It makes for a sweeter profit. The higher the risk, the greater the reward. Definitely not for everyone.

The stock market is a sensational way to make money. In the beginning you just have to start out slow and watch how stocks trade. Everyday there is some new catalyst to trade on, some piece of news, some inflation data or geopolitical story to draw off of. Stay focused, stay invested. At the time of this writing, the market appears to be in an upward trend. At the end of the 1st quarter, the Nasdaq was up over 16%. The S&P



500 finished up over 7%, while the Dow Jones Industrial Average finished just about flat at 0.3% What gives? Many analyst predicted a recession later on this year, but the market doesn't seem to believe it. Earning season is on the horizon again, and there is much speculation of many companies not meeting expectations. On the other hand, many analysts have lowered forecasts of company's earnings and revenues which could work in the markets favor if the bar has been lowered. It's a company's guidance, however, that could become a major factor as to how the market reacts. It's anyone's guess. Be smart. Put some stop losses in play to protect your downside in this environment. It could get ugly real quick. Have a specific sell order in play if things go your way. Remember, bulls make money, bears make money, hogs get slaughtered. Don't get greedy. You will never go broke by taking a profit. I hope you come hang out with me next time at:

## The Market Corner

**-WARNING!-**

**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!**



By Warnsing

## 13 Virtues

### NAKED AND AFRAID

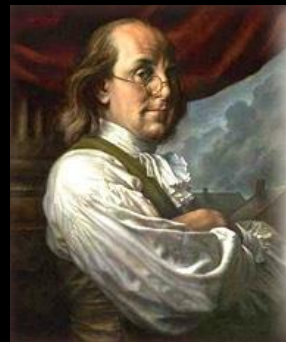
One of my favorite shows is reality show on Discovery "Naked and Afraid". I am always amazed and entertained by the perseverance and ability of people to overcome in extreme situations. For those who may have never had the pleasure of watching, each episode takes 2 people and puts them out in nature on their own to survive without food, water and clothing for like 21 days. They have to survive in their surroundings and then make their way to a pick up zone. It never fails that during each episode there is a scene where one of the people gets to a point of hunger and they start a search for anything to eat. As they walk through the jungle, they're looking for fruit in the tree, rodents running around, etc. But just when I'm about to give up as a viewer the individual on the show goes over to a rotten log and rips it up and finds some nice healthy bugs to have for dinner. It's at that moment I reminded of the times when I've went to the grocery store while being hungry and walking up and down the aisles filling up the cart with food that sounds good at the time to just get home and be like why the hell do I get this can of Chef Boyardee. Yeah sure when I'm crazy hungry the Beef Ravioli sounds delicious but when you pop open that can and actually look it, I just want to pass.

So what does this have to do with Ben Franklin and his 13 virtues. Well the first virtue that Ben talked about is temperance. As Ben defines temperance as "eat not to dullness; drink not to elevation". Temperance is an interesting conversation at this time of year as different religions and spiritual people have practices where they give up food or drink or possibly fast for many different reasons. Some believe that the practice of fasting brings them closer to higher being or maybe even brings moments of enlightenment. Scientifically there is re-



search into the clarity of the mind and improved thinking when a person has a good healthy diet.

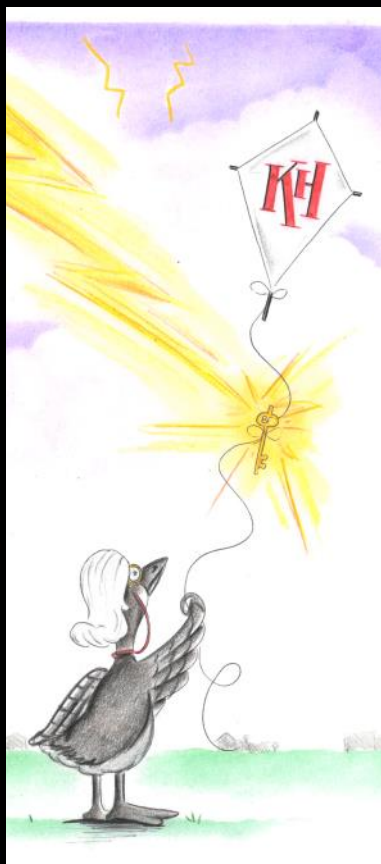
In Ben's case temperance wasn't meant to be fasting even for a short period of time. Ben looked at temperance in those moments when you've already eaten two tacos and you are looking at the third one thinking about how delicious it sounds but you would probably pay for it later and making the wise decision to just stop at two. When it came to drink, he wasn't just talking about alcohol, he was concerned about the over drinking of caffeine and sugar. That 8th cup of coffee in the morning may help you get through the day but does have some adverse effects on us as well.



## 1. TEMPERANCE

Eat not to dullness; drink not to elevation.

ashaasiewkumar.com



For me, and I think Ben would agree, I see the virtue of temperance as more of a practice of discipline than just merely watching your health. The idea of not eating or drinking processed sugars in our food not only is a good healthy choice but it is also a challenge for our discipline to avoid the Snickers bar or Mountain Dew when that mid afternoon hunger hits. Taking on the challenge of temperance can be a difficult habit to start but when you start having success with controlling what we eat and drink, the success will bleed into other areas of our lives to give us confidence to strive for success in them.

So what did Ben do with this virtue and the other 12 that we will look at. According to scholars that studied Mr. Franklin, Ben carried a journal with him on a daily basis and tracked each virtue in it. For one week he would focus on one of the virtues. He would actually set short one week goals and meditate about the one virtue that was his focus for the week. So maybe for his temperance week, he would set a goal to not drink coffee and how that impacted him day to day. We will look more at Ben's process as we look at the other 12 virtues in coming weeks.

Personally, I've started fasting on Mondays. So after I eat my breakfast on Monday at around 7-730



am, I avoid eating any food until Tuesday morning. Most days I'm pretty good with it, I focus on staying hydrated and drinking lots of water and will occasionally drink a protein shake midday. Oddly after a couple of weeks I really don't feel hungry on those days and at around the 10 to 14 hour mark I get a uptick in energy and motivation. Now I know I could not fast everyday but one day a week seems to work out for now.



*Aunt Dot's*

**MENTAL  
HEALTH**

## Leaves on a Stream Mindfulness Exercise

*Aunt Dot's*

**MENTAL  
HEALTH**

### Overview

During the leaves on a stream exercise, you will visualize yourself resting near a stream. Whenever thoughts enter your mind, you will imagine placing them atop a leaf, and watching as they float away. Instead of seeing the world from “inside” your thoughts, you will take a step back and view them from afar. By doing so, you will gain perspective on your thoughts and feelings, reducing their power.

### Getting Started

- Find a quiet place, free of distractions.
- Sit or lie down in a comfortable position.
- Close your eyes or let your gaze soften.
  - Begin taking slow, deep breaths.

## Instructions

- 1) **Visualize:** Imagine you are resting by the side of a stream. This scene can look however you like. Use all your senses to imagine what the stream and its surroundings look like, the sound of the water and other ambiance, the physical sensations, and anything else that comes to mind.
- 2) **Meditate:** Your objective during this exercise is simply to focus on the stream. When distractions enter your mind, such as thoughts or feelings, take a moment to notice them without judgment. For example, if you are distracted by other obligations, notice and acknowledge to yourself: “I am thinking about my to-do list.”
- 3) **Manage:** Your Thoughts After taking a moment to observe a thought or feeling, return your attention to the stream. Place your thought upon a leaf. You might imagine writing the thought on the leaf or attaching it in some other way. Place the leaf in the water and watch it float down the stream until it disappears.
- 4) **Practice:** Continue visualizing the stream, simply observing and releasing any thoughts that enter your mind. There is nothing else you need to do. You may set a timer for 10-15 minutes to know when practice concludes.

## Notes

Treat all of your thoughts and feelings the same, whether comfortable, uncomfortable, or neutral. The goal is to become aware of your experience—not to change or improve it. With regular practice, the leaves on a stream exercise will become easier, and its positive effects more powerful.







YOU SAID YOU WERE  
GOING TO MARRY ME!!

I NEEDED  
COMMISSARY





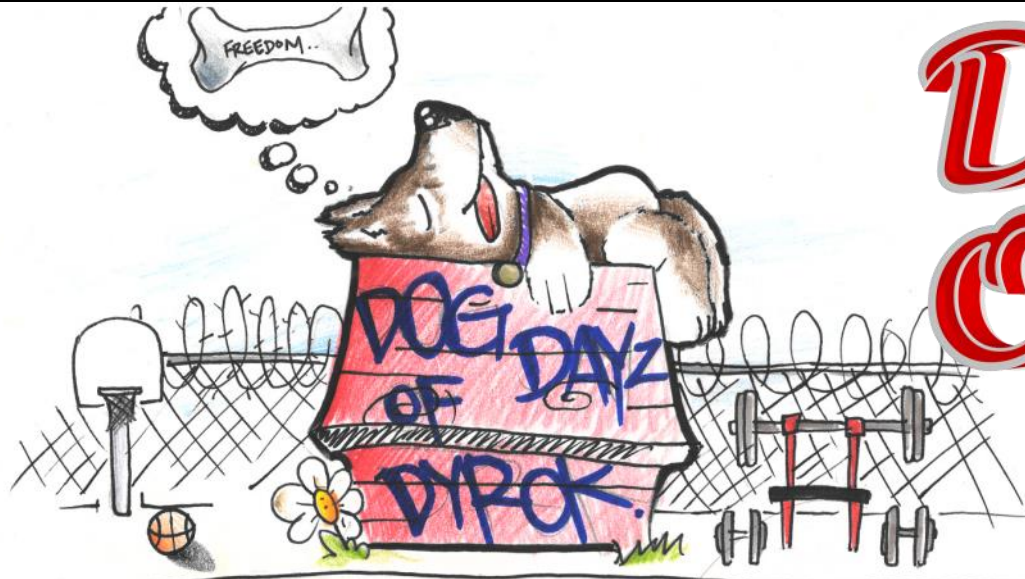
**KH** MEMES ORIGINAL



I'M ALL IN NEFFREW!



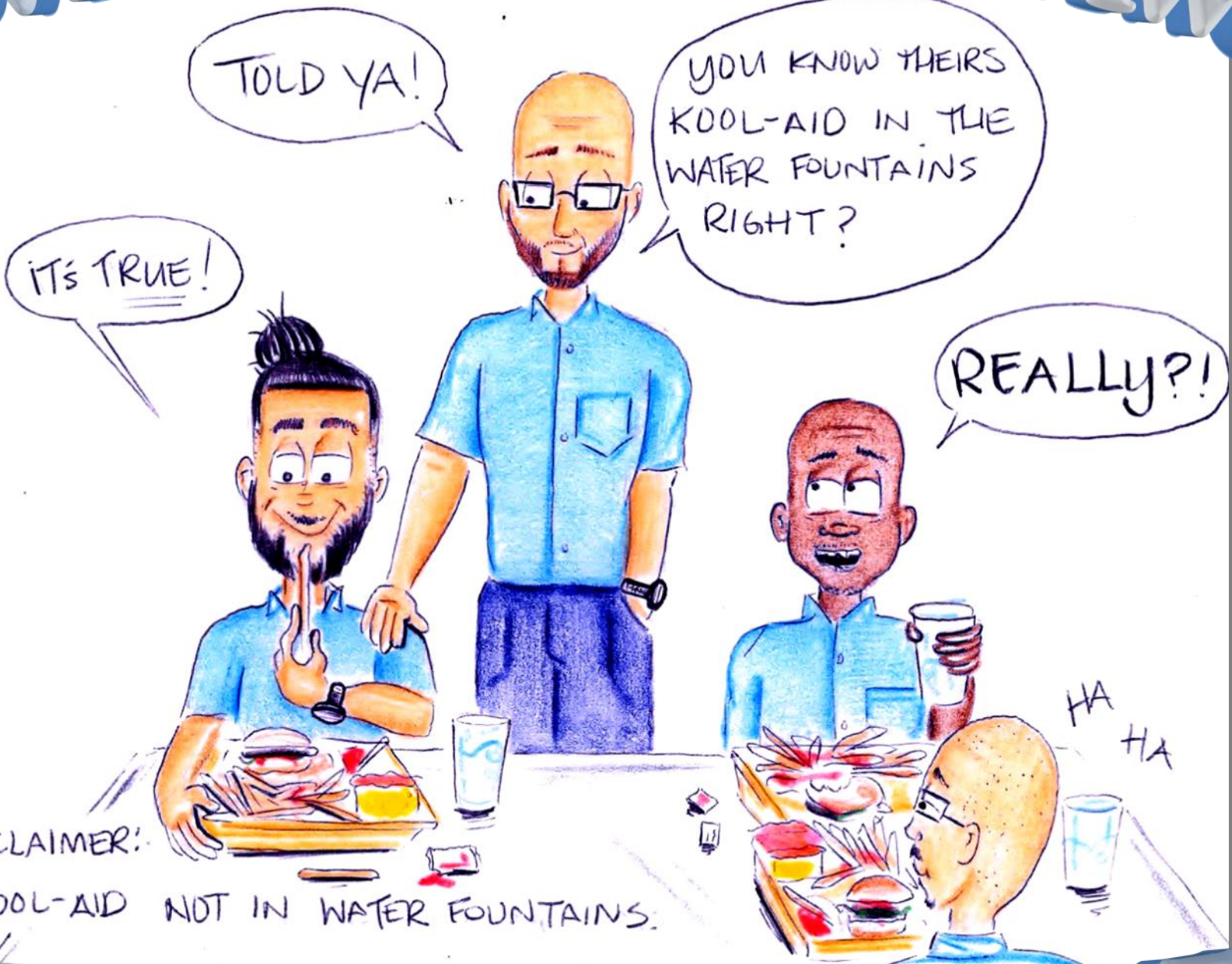
# DOG DAYZ OF DYROK



GREETINGS! AND WELCOME TO THE NEWEST ADDITION TO OUR HUMBLE LIST OF OFFERINGS: "DOG DAYZ OF DYROK". HIS FIRST 'TOON HERE IS A CALL BACK TO ONE OF OUR FIRST "ADVENTURES OF J-DAWG" 'TOONS. WE REALLY APPRECIATE THE NEWEST MEMBERS OF OUR COMMUNITY AND ESPECIALLY THE GUYS WHO JUMPED ON BOARD HERE AT K.H. BE ON THE LOOK OUT FOR MORE TOONS, AND IF YOU HAVE SOMETHING YOU'D LIKE TO GET PUBLISHED, GET AT US! SEND US YOUR WORK AND WE'LL DO OUR BEST TO GET YOU IN K.H. CHECK OUT THE STATEWIDE CALLOUT AND THE SENDING US SUBMISSIONS PAGE.- PEACE.



# ADVENTURES OF J-DAWG!



DISCLAIMER:

- KOOL-AID NOT IN WATER FOUNTAINS.

# FRENCH FRY: PART 2



## QUESTIONS?



- 1) **Trivia Question:** How many minutes was the longest recorded point in the history of tennis?
- 2) **Trivia Question:** What year was the first-ever Wimbledon tournament held?
- 3) **Trivia Question:** What year was tennis originally introduced as an Olympic sport?
- 4) **Trivia Question:** When did female American tennis legend, Serena Williams win her first major tennis championship?
- 5) **Trivia Question:** A “Grand Slam” in tennis means a player winning how many major tournaments in a calendar year?
- 6) **Trivia Question:** In 1972, this American Football team went undefeated for the whole season, even during the Super Bowl. What was the team?
- 7) **Trivia Question:** Which Hall of Fame NFL player went by the nickname “Sweetness”?
- 8) **Trivia Question:** What team won 3 Super Bowls in the 1990s?
- 9) **Trivia Question:** Who was the first-ever NBA player to score 2,000 points in a single season?
- 10) **Trivia Question:** How many personal fouls does a player get to be ejected from an NBA basketball game?
- 11) **Trivia Question:** How many seasons did Michael Jordan play with the Chicago Bulls before going back into the game with the Wizards?
- 12) **Trivia Question:** Who holds the record in basketball for the most fouls?
- 13) **Trivia Question:** The first-ever soccer World Cup was won by what country?
- 14) **Trivia Question:** What was the first country from Africa to qualify for a soccer World Cup?
- 15) **Trivia Question:** Which is the only team to play in every soccer World Cup tournament?
- 16) **Trivia Question:** In what country did Mia Hamm learn to play soccer?
- 17) **Trivia Question:** What was the fastest goal in World Cup history?
- 18) **Trivia Question:** Who was the first player to score at five World Cup editions?



# ANSWERS!



- 1) **Answer:** 29 minutes.
- 2) **Answer:** 1877.
- 3) **Answer:** 1896.
- 4) **Answer:** 1999
- 5) **Answer:** Four
- 6) **Answer:** The Miami Dolphins.
- 7) **Answer:** Walter Payton.
- 8) **Answer:** Dallas.
- 9) **Answer:** George Yardly.
- 10) **Answer:** 6 personal fouls.
- 11) **Answer:** 13 seasons.
- 12) **Answer:** Kareem Abdul.
- 13) **Answer:** Uruguay.
- 14) **Answer:** Egypt.
- 15) **Answer:** Brazil.
- 16) **Answer:** Italy
- 17) **Answer:** 10.8 seconds
- 18) **Answer:** Marta Vieira da Silva.



# HOROSCOPES



**Aries:** This is a huge week for you. There is a new moon in your sign which means its time for you to start all over again in pretty much every part of your life.

**Translation: Pack your stuff , they're about to move you to a new cell house.**



**Taurus:** The more ambitious you can be between now and June the better. The new moon means career success to you, so get ready.

**Translation: Buddy just went home so they gonna move you up to line leader. You're about to be in charge, shawty.**



**Gemini:** This week is your lucky moon, "in wishes". The planet Pluto moves into your horoscope so it is all about travel, study and adventure. Make a wish and believe.

**Translation: They just approved your medical writ and you are gonna see the doc and the free world. Enjoy your cold cut sandwich.**



**Leo:** Are you ready for changes in your love life? Pluto is taking up residence in you love zone so expect to learn about the power of love.

**Translation: Your pen pal started feelin a certain way and things are about to get spicy. Its time to ask for some flicks.**



**Virgo:** You are going to be getting lots of life lessons from your beloved or your Ex so you need to really learn from them .

**Translation:** Don't speak over your peoples by using big dumb words from the dictionary, let them talk.



**Libra:** Pluto is in your Love Zone because of the new moon. Forget about scheduling love, start feeling more in the mood.

**Translation:** Stop asking for video visits all the damn time. Send them a few I love you and I miss you emails. Stop making it all about you.



**Scorpio:** If you're going through a rough spell, its all about to change. You are about to enter a new cycle Detox all your toxic relationships.

**Translation:** Take toxic shawty off yo' phone list, get a fresh new pic, and set up that new pen pal account ASAP.



**Sagittarius:** Words create your world. Pluto is here and communications abound. Speak your wishes and dreams into existence.

**Translation:** Stop wasting wishes on commissary.





**Capricorn:** Pluto is no longer in your sign. Life is going to be less incendiary because you're going to be less volatile.

**Translation: Stop back biting and stop being a hater. By the way, chill out and catch that yard line.**



**Aquarius:** Mark your calendar, this is the time where your life takes a new turn. This is where you can invent yourself, in a meaningful way.

**Translation: In life in you have options. Being happy or being an A\*\*hole, or whatever rocks your boat.**



**Pisces:** The best thing you can do for yourself now as you start to navigate the changes taking place in your life is to go within. That might sound like a cliché but there is a reason soul searching and mediation has been around for thousands of years.

**Translation: You come to realize you make some dumb decisions in the past, who hasn't? "I remember that one time....." Face Ass! Shake that self pity and keep it movin.**



**Cancer:** Pluto is in your love zone. While this has hopefully taught you a lot about the power of love There is also a good chance that you've been too intense a partner.

**Translation: Quit sweating your people. Stop screwing up the phone line, quit dialin, and NO, you're not next, you just got off!**

# STATEWIDE CALL OUT



Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.



# STATEWIDE CALL OUT



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



# **MAILING US SUBMISSIONS**

The address for Kewanee Horizons is:

**Kewanee Horizons Editor, KLSRC**

**ATTN: EFA Mr. Warnsing**

**2021 Kentville Rd.**

**Kewanee, IL 61443**

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

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

**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

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

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