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KEWANEE HORIZONS VOLUME 53 PAGE 3 RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow us to engage in more Restorative Practices. In the Horizons newsletter you will see the terms <u>RESTORATIVE JUSTICE</u> and <u>RESTORA-</u> <u>TIVE PRACTICES</u> very often. T

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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.

<u>Community:</u> A group of people with a common characteristic

Or interest living together with in a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition



KEWANEE HORIZONS VOLUME 53 PAGE 4 MISSION STATEMENT

Kewanee Horizons has adopted the Restorative Justice and community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

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

Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so Kewanee Horizons will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

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To all the writers, poets and artists within the state of Illinois we want to know what you are going through, what you are thinking and what you are feeling. Tell us about your accomplishments, successes and your struggles.

May it be in written word-essay form, poetic verse, or visual medium, share with us, the Kewanee Horizons; so we can share with the world. Allow us to provide a spotlight for your unique voice. We hope that through your submissions it provides inspiration to others to do better and be better.

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If you have any suggestions on what we should showcase, please let us know. Enlighten us and we will do our best to shed light on the topics you want to read about. This platform is created by us and for us. So in order for it to work we need to hear your voice. Especially all you power builders.

Send us your submissions. We want to hear from you.



By: Steve "Da Barber" Dixon

What's up it's yo boy Steve da barber back with another rendition and I know, it's been a minute but hey, I've been busy producing dope hair cuts and trying to perfect my brand because Jay-Z said, "I'm not a business man, I'm a BUSINESS man!" This addition is slightly different from the content I normally put out in that today I wanna speak on a couple of amazing opportunities I was blessed to take part in here at KLSRC.

The first being DEFY VENTURES, which is a rigorous Boot Camp style business program designed to cultivate the entrepreneurial mindset that I successfully completed in May, placing 2nd in the pitch completion. It was in this program with the help of my amazing instructor Kira Kyle, that I learned to transform self limiting beliefs into self freeing beliefs and develop a growth mindset. Coming up it seemed as if businesses appeared out of the thin blue sky.

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I didn't know anything about KPI's, the Ideation Process, purpose statements, or business plans. However, upon completing DEFY, I am confident that if released today, I could have a legit profitable business up and running

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within 30 days. So to those whom are just starting DEFY or will be in the future, my advice is go in with an open mind and give it your all, because after all, WHAT DO YO HAVE TO LOSE!

Another opportunity I was blessed to partake in here at KLSRC was "DAY WITH DADS". For a guy like me who got incarcerated when my son was 22 months, this was monumental. My kid is now 14 years old and for the first time in his life, we were able to toss the football, shoot some hoops, play Frisbee and even corn hole! We also enjoyed freeze pops and hot dogs right off the grill. But most importantly we were able to walk side by side in a

big grassy open area and just bond.

Let me be the first to say that my kid's mother did an amazing job at making sure all communications were open to us, phones, visits, and letters, but 13 years of that com-

bined didn't compare to the 4 hours we spent together on Day with Dads. I learned more about my son in those 4 hours than I'd ever thought possible, and for the first time in over 13 years I felt like I was a part of his life and most importantly, I felt like a human being.

It's these opportunities and others like it that make KLSRC vital to our successful reentry into society.



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By: Demario R. Brooms

28 July 2023 was one of the craziest, most exciting days of my life. I thought I knew what to expect but I had no idea. My day began full of anticipation because for 10 days I'd been waiting for this moment and what it would bring. Again, I was clueless regarding what was in store.

I arrived at the West Gym at 8:30 that Friday morning as requested. Once there I filled out a name tag then donned it proudly as it read "Determined Demario." Next, I grabbed an Apple Cinnamon breakfast bar and a water followed by finding a place to sit. I chose a place up front, placed my composition book in the chair and began to take in the atmosphere as I comsumed the simple breakfast. The gym was filled with my fellow EITs (Cohort 4), some Defy Alumni (EITs who'd participated in Cohort 3, graduated, and were still here at KLSRC), our quiet but "Kind" instructor Ms. K, a gentleman I didn't know at the time (I later found out he was, David Lingle, the Defy instructor for Pontiac C.C.), and a very familiar face that I absolutely knew…our very own, Nicholas Crayton.

Seeing Malachii was my first surprise of the day and that alone brought its own special ball of energy. For the uninformed, Malachii once sat in the same seats, slept in the

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same cells, ate in the same dining room, and worked out in the same gym that I do now. Mr. Crayton walked these same hallways as an individual-in-custody not even a year ago and now he stands in front of me employed by Defy, prepared to speak to me as an Defy EIT. Did I mention that Malachii is a Defy Alum? If that isn't hope then I don't know what is. At that moment, he became the "Three 'I' Being"...he was and is "Instant Infinite Inspiration." It was **GREAT** to talk to him and see him in his new role!

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After everyone had the opportunity to meet & greet each other, Ms. K. gave us the pregame warmup. We were informed about there being a group of volunteers that came out to get us started on this eight-month journey that we'd committed to. Ms. K. wanted us to give them a warm but energetic Kewanee welcome. However, there was one individual that we'd definitely have to be prepared for because she was the wild card so to speak. Not because we didn't know what to expect but we didn't know *how much* to expect. I am referring to the "Mighty Melissa." Being honest, she was being spoken of as if she was some mythological creature or something.

The myth was that Melissa was this huge ball of energy and she will always try to one-up herself. Hence, the adjective "Mighty," which was reference to her energy level. I thought to myself, "There's no way that this woman could be this lively and energetic for three and half hours straight." Let me be the first to say that I was **UNEQUIVOCALLY WRONG**!!!! I don't know what adjective I could use to describe Melissa, or if there is even one that accurately fits her, but whatever it would be is whatever surpasses "Mighty!" Listen, the best analogy I can give is, one that I know any parent would understand, Mighty Melissa had the energy level of a child going through their "Terrible Two stage."

SHE WAS NONSTOP!!! I honestly think that as the "Kickoff" went on her energy level grew...she was like Lil Jon in the early 2000s mixed with the superhuman strength of Superman. It was UNBELIEVABLE!!! Mighty Melissa may have been small in stature (under 5'5") but, when it came to her energy, her feet were on the ground and her head was above the clouds; she was GIGANTIC!!!

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The Defy Kickoff was AMAZING!!! There was dancing (Soul Train dance line style), group conversations with four to five EITs and one or two volunteers (swapping groups like rounds of speed-dating), remarks from the Alumni, and testimony from current EITs. I enjoyed myself so much and expended so much energy that when I locked up at 3:15pm I was exhausted; I fell out and slept for six full hours! I normally don't get that much sleep on a daily basis. If this is just the beginning, I can't wait to see what's next!

As I close, I want to send special thanks to the following people: Mr. Warnsing, Ms. K, the Administration, all of the volunteers, Malachii, the Defy Alum, and all of the EITs in Cohort 4. I had a wonderful time because of all of you...**THANKS SO VERY MUCH!!!!**

SUCCESSFUL AND UNSUCCESSFUL PEOPLE DO NOT VARY GREATLY IN THEIR ABILITIES. THEY VARY IN THEIR DESIRES TO REACH THEIR POTENTIAL.

-JOHN MAXWELL

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By: Andrew Suh

I thought it was going to be just another Friday morning in Kewanee. Don't get me wrong, the days in Kewanee are amazing compared to anywhere else in the state, as I said it before it is all about programing and reentry. Getting back to point, I thought it was just going to be another day with the exception of it being TGIF. Little did I know that was not the case, this Friday was going to be a game changer.

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I woke to my normal schedule and I was getting ready to take off when my cellie reminded me that today was the DEFY Kickoff. I chimed back, "I know --- What's the big deal?" For a bit of background my cellie "ISRAEL", is a DEFY graduate, alumnus and an official EIT (Entrepreneur in Training). As I was saying, there was momentary pause and in a serious tone, he began to explain that today was a big deal. His facial expressions changed and he said that members of the DEFY organization were making a special trip to be here for us and there would be outside volunteers from the business community coming to share with us. This was going to be about us, and our

immediate futures. This was the kickoff and the launch of our better tomorrows. Quite honestly, I was a bit shocked because my cellie is a man of few words and when he told all me this with absolute conviction, it resonated with me. My logic was, If the kickoff mattered to him, it must be important. Yeah, I technically knew about the kickoff and that it was going to happen, because our liaison, Kira Kyle told us this the week prior. Yet, somehow the significance of this generous gesture did not register with me, until that very moment, when my cellie explained it to me. With this moment of clarity, I put on my fancy visiting clothes and made myself look presentable.

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I made my way to the "West Gym" and I saw the chairs lined up and I could sense If the positive energy in the air. Then amid the crowd of individuals and facilitators I saw a face from my past, his familiar and weathered visage lit up and it brought me back full circle. I have been doing this thing (incarceration) for 30 years and I have a lot of experiences to speak of. As with most individuals in custody I cannot say that there are too many positive and memorable interactions with staff. Nothing worthy of mention; for the most part, they were just doing their J-O-B, being Staff...aka COPS, DA POLICE, Nevertheless, there were a few that made a difference in my life. I am sure we can respectively share stories of the ones who affected us. For me, it was a counselor named Dave. He was a staff member who, many years ago, actually cared enough to guide me when I needed guidance. Through his guidance I found the wherewithal to stay out of trouble and he literally processed my paperwork and placed me on my trajectory allowing me to become the man I am today. I will always be grateful to him. Now, almost a decade later I reconnected with him through DEFY.

We exchanged pleasantries and there was a feeling of nostalgia. He conveyed the fact

he was very happy I decided to be a part of this cohort. He instantly started to tell me about the benefits of DEFY and the impact this program will have on my life and the lives of the other future EITs, moving forward. I trusted him once and I will trust him once again. With his strong recommendation I settled in for the experience.

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Shortly thereafter a woman, small in stature, dressed in a black business suit walked in and changed the energy in the entire gym. She is the Director of the Illinois Chapter of DEFY Ventures. We would come to learn that her name is the Mighty Melisa and the adjective she chose on this day suits her very well; she is definitely **MIGHTY**. Through her efforts she brought together a laundry list of volunteers from the business community to make this kickoff a meaningful experience for us all. I am paraphrasing this. She began by explaining that there are levels of clapping, cheering and enthusiasm. From 1 to 10. **1** being the polite golf clap, then **6** being the NBA clap/cheer and of course the **10** being the thunderous **DEFY ROAR!** The energy was real and the Mighty Melissa brought it!

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The volunteers that came in to share their knowledge were: Mike the Attorney, who handles all types of trials and disputes; Invincible Vince, CEO of a minority owned business who teaches mentorship; Terrific Tray the Reentry Support Coordinator; Genuine Gia, the Sales Manager and DEI Liaison at a major Tech Company; Inquisitive Isaac an Accounting Entrepreneur; Just Jon, The sitting member of the DEFY Board; Jason, the Director of Customer Experiences focusing on crowd sourcing; Mary the CEO of a Health & Wellness business; Olgay a management consultant and Product manager and our very own Kewanee alumnus and success story Nicholas Crayton (DEFY Reentry Coordinator). These generous professionals took time out of their hectic schedules to con-

vey to us, the 2023 Cohort, we are worthy.

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The day progressed with insightful and meaningful conversations with the volunteers. In small private groups we were allowed to ask pointed questions of these professionals, such as:

Share a difficult time there a difficult situation you had to be the leader in.

- Share a time you had to be responsive instead of reactive?
- Share a time that you committed to something and the impact it had on your life?
- What do you need in order to show up in a situation and make it successful?

What is the responsibility you have to the community as a leader of your community?

The true significance of this endeavor was the fact we, the incarcerated, were allowed unfettered access to peer into the minds of the business leaders in our community. To be able to witness how their minds operated and glimpse into their business savvy was amazing.

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As we closed out the day, the individuals in custody were allowed to speak publicly. I found myself standing at a podium sharing my thoughts about the day and my experinces. My morning began with a healthy dose of guarded optimism but after several hours of Level 10 Mighty Melisa DEFY ROAR ENERGY, intensive interactions with leaders from the business community, I was changed. I became a believer. Somewhere from my core there was a visceral reaction and an evolution of self. There was a sense of obligation and a duty to my community. I needed to do this, and I needed to do it right. "I cannot fail and I will not fail", were the only thoughts in my heart. I was overwhelmed and the

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emotions swelled. I looked at the audience of my peers and I choked out the words.... **WE HAVE TO DO IT! WE MUST DO IT!**

The mission statement of Defy Venture rings true with each and every one of us:

"CHANGE MINDSETS TO GIVE PEOPLE WITH CRIMINAL HISTO-RIES THEIR BEST SHOT AT A SECOND CHANCE."

"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end." — <u>Michelle Obama</u>



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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.

By: Carlos Mcdougal

Back like I never left this is your friendly neighborhood poet with another Edition of spoken word

Today I feel like doing some free writing, do you guys ever just write? What inspires you to put that pen to paper?

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Have you come up with anything for the challenge I issued in the last edition of spoken word remember you may even see your piece in an issue of KEWANEE HORIZONS if you've forgotten the challenge it was simply this (the heart of me) up for it? Let me see your skills.

I thought you were done with me? If you thought this was the way to the heart of me you were completely wrong. I've been in this weaken state for the past year with thoughts of nothing but you, you've put a

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KEWANEE HORIZONS VOLUME 53 PAGE 19

spell on me permanently tethering me to you for an eternity and for the life of me I can't remove you from the heart of me. Are you the glue that holds this broken relationship together or are you the very thing that's causing the rapid decay? vicious Tremor whenever I look at you but despite the constant venom you spew from your mouth I'm captivated by the way your hips sway the mere mention of your name has me on this phenomenal high and it scares me I am not myself when I'm with you so for the last time I'm leaving before I let you destroy the heart of me...

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This is off the top so think if I put the time in it takes to create quality work. Do you accept the challenge?

Just to get the creative juices flowing can you do better? This is how you find the joy in your craft again get out of that safe place and push yourself to exceed your own expectations. This is the time for us to be our best self. You may have that one person you know that always told you that you're better than you give yourself credit for that's the per you do it for besides yourself let's get it F.E.A.R is false evident the appears real I know you bout that life or are you?

"May your choices reflect your hopes, not your fears." -Nelson Mandela

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Auf-Wiedersehen My Fellow German-ator

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By: Randy Kagels

Once again, I'm writing a farewell article. Much more commonplace these days than I've been used to over these last two decades. It's certainly not in bitterness that I write these, but more of a solemn delight. It's bittersweet that someone like Patrick "PK" Klein has finally been released from Kewanee. It was clear from the first day I arrived that he was a real character. All of the commercials and video productions that he created, or at the very least, starred in, were something most of us have never experienced in IDOC. He's hilarious and extremely witty and quirky in his humor. Something I can surely appreciate. He, too, believes in this difficult and arduous battle called restorative justice and prison reform. He showed up every day to help promote it, disseminate it, and inform others about it. I could tell that Eric Anderson had quite the influence on his passion for this cause. PK also embraced me with open arms straight off the bus, helping me get right into the Garden Crew job. With his blessing, I'll now be the peer leader of the horticulture class here. So... viel Glück und vielen Dank to you PK! I wish the best for you and your family. Keep up the great work and I hope to buy you a stein in Bavaria, mein Freund!



By: Patrick "PK" Klein

On Monday July 31st the Kewanee LSRC H.I.I.T. Group held a special event "The P5K". HIIT has helped keep me in shape, helped me reach my goals, and allowed me to build camaraderie with the guys in the group so I was really flattered that they held a special event to celebrate my release the day before I go home. We had a lot of fun and pushed each other to finish the 3.2 mile race, which is what the group is all about. As you can see, the winners are pictured below.. EVERYBODY. All I can say is THANK YOU!

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PK, local celebrity and star of Kewanee Horizons production of the "Pat Down", recently made his way pass those gates were all looking toward. To send PK off we let him take over H.I.I.T class for one day and also organized the one and only P-5K.

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All who know PK know that he likes to run. He has won every race since I've been here at KLSRC, so I thought what better way to send him off than to offer one of his favorite activities, a 5K. With his name being PK it only made sense to make a play on words by naming the run a P-5K.

By: J. Miller

PK worked hard and diligently at producing volumes of Kewanee Horizons. He helped it take shape and build character during his time here.

I spoke with him several times leading up to his departure and he emphasized finishing the race strong and not slowing down just because the finish line approaches. I commend him immensely for keeping his word. He was just as involved leading up to his exit as he was a year ago when I first got to Kewanee.

A new chapter begins- P-5K for life!

By: John Cunningham

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At first glance, I really thought Defy was going to be another D.O.C. program with a teacher that didn't particularly want to be there.

However, at **Kickoff** I was genuinely surprised at the energy they brought in. Truly, I haven't heard that much cheering since the Cubs won the World Series. To my surprise **DEFY** spread around the awkwardness by making the volunteers dance down the aisle. They really danced! Which was the whole point, getting you out of your

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comfort zone and to do something different. I look forward to the **DEFY** class and what they have to offer.

This leads to my next Kewanee thought. Who would have thought that I would enjoy the <u>5(P)K RUN</u>? Yeah, I ran it. I didn't break any speed records out there, but I was out there giving it my all. I would like to Thank Patrick (P.K) Klein for the time that he invested in me. He helped me become more physically fit, it's been a long hard road, it's all about getting out there and trying. Last but not least Thanks, to all the guys in the **HIIT CLASS** for putting it on and encouraging us.





Week1 is officially in the books. It started on Thursday with the Defending World Champions Kansas City Chiefs getting knocked off by the Detroit Lions. Hopefully for the Chiefs sake they get their receiving core to stand up and do something; more than the lackluster display they showed in the



Season Opener. There is no way Patrick Mahomes will be able to get the offense sparked with as many clear open drops that happened in Thursday's kickoff game. J

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Moving to Sunday the day stated with Baker Mayfield making his de-

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but for Tampa Bay. The Bucs edged out a win as 4.5 point road dogs against the Vikings with a late field goal. Final Score 20-17. The Packers looked just fine with Jordan Love under center in their 38-20 win over the Bears. Love throwing 15-27, 245yrds, 3TD. Justin Fields went 24-37, 216yds, 1 pk 6, I fumble lost. The Bears looked like the 29th ranked defense of last year. Fields is now 0-5 against the Packers. Joe Burrows and the Bengals didn't show up in their 3 -24 loss at Cleveland. Burrows threw for a paltry 82 YAYRDS! The Bengals had 6 total 1st downs.

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Out to the West coast, the Fireworks were lit in Miami at the L.A. Chargers. Miami came out on top with a 36-34 victory on the road. Tua threw a 28-45, 466 yds, 1 int, 3TD and Tyreek Hill got 215 yds with 2TD.

The Sunday night game turned out to be a massive **BLOW OUT!**

NORTH PACIFIC NEW YORK TENNESSE CAROLINA AVENUE AVENUE AVENUE

The Cowboys put the "D" in dominant hanging a 40-0 win against division rivals NY Giants. The Cowboys defense held the Giants to 171 total yds of total offense. With 7 sacks and 55% pressure rate. Daniel Jones was under lock and key throwing 15-28, 110 yds, 2 int.

Now for the headline of week #1. <u>Down goes Rodgers!!</u> The life seemed to be drained out of MetLife stadium as Aaron Rodgers got carted off the field. Rodgers brought in to revitalize a franchise played a total of 4 snaps for his new team before going down with an alleged Achilles injury. However the Jets were still able to pull off the win carried on the shoulders of

the defense, causing terror to the Bills offense. "I am the reason we lost" Josh Allen explains to the media throwing 3 int and 1 fumble lost. Xavier Gipson pout the Bills away with a 65 yd punt return touchdown in overtime for the Jets to win on 9/11.

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Disclaimer: The information that we are providing comes from a orientation manual from Crossroads Adult Transition Center. With that in mind, things are subject to change. We are in the process of trying to obtain relevant information from the other Centers, North Lawndale & Peoria. We value and appreciate your patience.

RESIDENT DAILY WORK ASSIGNMENTS

POLICY

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It is the policy of the Safer Foundation that resident's daily work assignments are not made on the basis of race, color, creed, religion, or national origin/ancestry.

PROCEDURE

1. When a non-programmed/part-time programmed resident is seeking full-time employ-

ment/school, work assignments shall be scheduled around appointment times. If residents do not successfully gain full-time employment or school enrollment, resident work assignments shall carry over to the following shift.

- **2.** Employment specialists and Case Managers shall submit a list of residents that become full-time employed or enrolled in school each week to the program secretary.
- **3.** Every Friday the program secretary shall submit a weekly list, which reflects all non-programmed/part-time residents to the CAO.

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- **4.** Residents that are assigned a weekly work assignment must report to the assigned control area at the appointed times. If assigned to work on different floors, the movement must be coordinated by the assigned CRC I(s).
- **5.** Non-programmed/part-time programmed residents shall not be assigned to work assignments on the "C" Shift (10:00pm 6:00am)
- **6.** Permanent party residents will be assigned to work on all shifts.
- **7.** One permanent party resident will be assigned to the "A" Shift under supervision of the 2nd floor lobby CRC I. The resident shall be assigned to clean the administrative offices. The resident will be dispatched to offices as requested by the occupant. The office occupant will be responsible for supervision while the resident performs assigned duties.

DAILY WORK ASSIGNMENT EXPECTATIONS

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- **1.** Each work assignment shall be assigned by the Detail coordinator or by staff.
- **2.** Work assignments are to be completed by the assigned resident. Staff will inspect each work assignment. Staff will ensure that all residents appointed to work assignments will maintain the appointed area throughout the shift.
- **3.** Program active residents are to ensure that their rooms are clean by completing the fol-

lowing chores each day prior to signing out of the center for work, IRT's/CCL's, activity leaves, or school:

- **a.** Beds are to be made neatly each morning.
- **b.** Clothes must be neatly placed away.
- **c.** Linens/clothes must be washed weekly or as needed.
- **d.** Garbage must be pulled daily.
- e. Floors must be swept/mopped.
- **f.** TVs can't be tied to the bed.

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g. The furniture in the room can't be rearranged.

If residents do not satisfactorily pass room inspections, residents will be subject to a Resident Disciplinary Report, and Privilege Passes may be delayed or denied. T

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GENERAL CLEANING AND MAINTENANCE EXPECTATIONS

- **1.** Residents are required to report a designated CRC I when the work assignments are completed.
- 2. Residents must check the assigned work duty hourly.
- **3.** Residents are required to report to staff when supplies are low.
- **4.** The maintenance and cleanliness of this center is top priority, which requires the concentrated effort of both residents and staff.

5. If the cleanliness and physical maintenance if this center falls below acceptable standards, social activities (IRT's & CCCL's) may be rescinded or curtailed until the problem(s) have been rectified to the satisfaction of the Center Supervisor.

KEWANEE HORIZONS VOLUME 53 PAGE 30 RESIDENT'S LOUNGE/DAY ROOM(S)

- All garbage/trash must be removed daily and plastic bags are to be replaced.
 Garbage/trash containers are to be washed and disinfected daily.
- **3.** All floors are to be thoroughly swept, mopped (or vacuumed when applicable) daily. When mopping, a clean mop and bucket of water must be used.

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- 4. The mop and bucket are to be washed out and put away after using.
- **5.** Non-carpeted floors are to be buffed as needed with the buffing machine.
- 6. Microwaves are to be cleaned daily.
- **7.** Radiators and the areas behind, underneath and between radiator sections are to be cleaned daily.
- **8.** Tables, chairs, other furniture and woodwork are to be cleaned daily with all-purpose cleaner.
- 9. Windowsills are to be cleaned daily with a damp cloth.
- **10.** Windows and base boards are to be cleaned when necessary.
- **11.** Vending machines are to be wiped daily with damp cloth.
- 12. Corners are to be cleaned and scrapped as required .

SHOWERS

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- 1. Shower wall are to be cleaned daily with disinfectant.
- **2.** All garbage/trash must be removed daily and plastic bags are to be replaced.
- **3.** Garbage/trash containers, including outside and lids, are to be washed and disinfected daily.
- 4. All floors are to be thoroughly swept and mopped daily. When mopping, a clean mop

and bucket of water must be used.

- **5.** The mop and bucket are to be washed out and put away after using.
- **6.** Corners are to be cleaned and scrapped as required.

BATHROOMS - SINKS

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- 1. All garbage/trash must be removed daily and plastic bags are to be replaced.
- **2.** Garbage/trash containers, including outside and lids, are to be washed and disinfected daily.
- **3.** All floors are to be thoroughly swept and mopped daily. The mop and bucket are to be washed out and put away after using.
- **4.** Mirrors are to be cleaned daily and wiped with dry cloth, leaving no streaks.
- **5.** Sinks, toilets and areas around and behind the sinks/toilets are to be clean and disinfected, inside and out, daily.

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- **6.** Toilet stall walls are to be washed with disinfected daily.
- 7. Windows and windowsills are to be cleaned daily with a damp cloth.
- **8.** Radiators and the areas behind, underneath, and between radiator sections are to be cleaned daily.
- 9. Base boards are to be cleaned when necessary.
- **10.** Corners are to be cleaned and scrapped as required.

LAUNDRY ROOM

1. Washing machines and dryers are to be wiped inside and out daily with damp cloth and disinfectant and lint removed from behind dryers.



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EXAMPLE 10 KEWANEE HORIZONS VOLUME 53 PAGE 32 2. All garbage/trash must be removed daily and plastic bags are to be replaced.

- **3.** Garbage/trash containers, including outside and lids, are to be washed and disinfected daily.
- **4.** All floors are to be thoroughly swept and mopped daily. When mopping, a clean mop **t** and bucket of water must be used.
 - **5.** Windows and windowsills are to be cleaned daily with damp cloth.
 - **6.** Radiators and the areas behind, underneath, and between radiator sections are to be cleaned daily.
 - 7. Base boards are to be cleaned when necessary.
 - **8.** Corners are to be cleaned and scrapped as required.

STAIRWELLS - CENTER/EAST/WEST

1. Stairway areas are to be swept and mopped thoroughly throughout each day, including corners, leaving no streak marks on the back of the stairs. When mopping, a clean mop and bucket of water must be used.

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- **2.** Radiators and the areas behind, underneath and between radiator sections are to be cleaned daily.
- **3.** When applicable, windows and windowsills are to be cleaned daily with a damp cloth.
- **4.** Railings are to be wiped with a damp cloth daily.

OFFICES (UNDER SUPERVISION OF STAFF/OCCUPANT)

- **1.** All garbage/trash must be removed daily and plastic bags are to be replaced.
- **2.** Garbage/trash containers are to be washed and disinfected daily.

3. All floors are to be thoroughly swept, mopped (or vacuumed when applicable) daily. When mopping, a clean mop and bucket of water must be used.

4. The mop and bucket are to be washed out and put away after using.

5. Non-carpeted floors are to be buffed as needed with the buffing machine.

6. Radiators and the areas behind, underneath, and between radiator sections are to be cleaned daily.

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- **7.** Tables, chairs, other furniture and woodwork are to be cleaned daily using all-purpose cleaner.
- **8.** Windowsills are to be cleaned daily with a damp cloth.
- 9. Widows and base boards are to be cleaned when necessary.
- **10.** Corners are to be cleaned and scrapped as required.

GYM ROOM AND WEIGHTLIFTING ROOM

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1. The weightlifting mat is to be washed daily with mild soap and water, leaving no streaks.

- **2.** The water cooler is to be drained and cleaned daily.
- **3.** All garbage/trash must be removed daily and plastic bags are to be replaced.
- **4.** Garbage/trash containers are to be washed and disinfected daily.
- **5.** All floors are to be thoroughly swept and dust mopped daily.
- **6.** Windowsills are to be cleaned daily with a damp cloth.
- 7. Windows and base boards are to be cleaned when necessary.
- 8. Radiators and the areas behind, underneath, and between radiator sections are to be



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KEWANEE HORIZONS VOLUME 53 PAGE 34

cleaned daily.

- 9. Clean woodwork daily.
- **10.** Walls are to be washed with disinfectant daily.
- **11.** Corners are to be cleaned and scraped as required.

HALLWAYS

- **1.** Sweep thoroughly and mop all floors daily, using clean mop and water.
- 2. Clean behind, under, and between radiator sections daily.
- 3. Wash windowsills daily with damp cloth.
- **4.** Strip, wax, and buff floors when needed.
 - 5. Wash and disinfect telephones daily.
 - 6. Wash baseboards daily.
 - 7. Wash mop and bucket after usage and put away.
 - 8. Clean sump room daily.
 - 9. Wash walls.
 - 10. Clean and scrape corners as required.

LOBBY AREAS/STAFF LOUNGE(S)

- **1.** All garbage/trash must be removed daily and plastic bags are to be replaced.
- 2. Garbage/trash containers are to be washed and disinfected daily.
- **3.** All floors are to be thoroughly swept, mopped (or vacuumed when applicable) daily. When mopping, a clean mop and bucket of water must be used.

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- **4.** The mop and bucket are to be washed out and put away after using.
- **5.** Non-carpeted floors are to be buffed as needed with the buffing machine.
- **6.** Vending machines are to wiped daily with damp cloth.
- **7.** Radiators and the areas behind, underneath, and between radiator sections are to be cleaned daily.

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- **8.** Using furniture polish, tables, chairs, other furniture and woodwork are to be cleaned daily.
- **9.** Windowsills are to be cleaned daily with a damp cloth.
- **10.** Windows and base boards are to be cleaned when necessary
- **11.** Corners are to be cleaned and scrapped as required.

VISITING ROOM

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- **1.** Tables and chairs are to be washed and disinfected daily with damp cloth.
- **2.** Windows and base boards are to be cleaned as needed.
- **3.** Garbage/trash containers are to be washed and disinfected daily.
- **4.** All floors are to be thoroughly swept and mopped daily. When mopping, a clean mop and bucket of water must be used.
- **5.** The mop and bucket are to be washed out and put away after using.
- **6.** Lockers are to be washed and disinfected daily with damp cloth.
- **7.** Vending machines are to be wiped daily with damp cloth.
- 8. Walls are to be washed as needed.
- 9. Corners are to be cleaned and scrapped as required.



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KEWANEE HORIZONS VOLUME 53 PAGE 36

DINING AREA

1. All tables and chairs are to be washed and disinfected daily with damp cloth.

- **2.** All garbage/trash must be removed daily and plastic bags are to be replaced.
- **3.** Garbage/trash containers are to be washed and disinfected daily.
- **4.** All floors are to be thoroughly swept, mopped (or vacuumed when applicable) daily. When mopping, a clean mop and bucket of water must be used.

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- 5. The mop and bucket are to be washed out and put away after using.
- **6.** Windowsills are to be cleaned daily with a damp cloth.
- **7.** Windows and base boards are to be cleaned when necessary. Corners are to be cleaned and scrapped as required.

FOYER

- **1.** All garbage/trash must be removed daily and plastic bags are to be replaced.
- **2.** Garbage/trash containers are to be washed and disinfected daily.
- **3.**All floors are to be thoroughly swept, mopped (or vacuumed when applicable) daily. When mopping, a clean mop and bucket of water must be used.
- **4.** The mop and bucket are to be washed out and put away after using.
- **5.** Non-carpeted floors are to be buffed as needed with the buffing machine.
- **6.** Radiators and the areas behind, underneath, and between radiator sections are to be cleaned daily.
- **7.** Using furniture polish, tables, chairs, other furniture and woodwork are to be cleaned daily.

8. Windowsills are to be cleaned daily with a damp cloth.

9. Windows and base boards are to be cleaned when necessary.

- **10.** Floor mats are to be swept and cleaned throughout the day.
- **11.** Corners are to be cleaned and scrapped as required.

SIDEWALK/OUTSIDE AREAS

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1. All trash surrounding the building from Kedzie Street to the alley must be cleared of all trash, food, and cigarette butts.

2. The garbage bag in the receptacle in front of the building must be emptied and changed daily.

3. All garbage must be cleared from the parking lot area and placed in the garbage bins.4. When there is snow on the ground, the parking lot area and the walkway leading from Kedzie Street to the alley must be shoveled/cleared of all snow and ice.

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Again, the information that we are providing comes from a orientation manual from Crossroads Adult Transition Center and things may be different when you arrive.

PLEASE REMEMBER: that we are only providing you with the information that we have at our disposal. If and when things change, and we become aware of said change, we will provide you with that information in the very next volume.

By: Illinois Department of Employment Security

A well prepared job application is a tool that you can use to open doors to get the interview you want. The employer use the application to sort our whom they want to interview and whom they want to interview and whom they do not. This is why it is so important to fill out an application correctly.

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On January 1, 2015 Illinois' **'BAN THE BOX**" law went into effect. This law prohibits employers from making criminal inquiries until the applicant has been determined qualified for the position and notified of an impending interview, or if the applicant will not be interviewed until after a conditional offer of employment is made.

Kewanee Horizons is about Restorative Justice which is why we are providing some pertinent information for those of you who will be seeking employment upon your Re Entry back into society. We hope this information is helpful.

Tips for Completing an APPLICATION

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READ THE ENTIRE APPLICATION BEFORE YOU WRITE ANYTHING

Prepare: It is always a good idea to carry required employment and reference information with you.

Follow Instructions: Carefully read and complete all sections of the application. Print all responses. Do not write in cursive, only your signature should be in cursive. Remember, this is the first chance the employer has to get to know who you are.

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Use Correct Grammar: Answer all questions in complete sentences, using proper English and correct grammar (no texting or social media language).

Be Neat: Write Legibly. A messy application may be rejected immediately. It will make you look as if you do not care. Use black ink to complete the application. If the employer cannot read the application, you will not get the interview. Review your application for completeness, grammar, punctuation, and spelling.

Review: Always review your application before you submit it to the employer to insure hat you have completed it accurately.

Online Application: When completing an online application, select times in which you can complete the entire application undisturbed and in one sitting. This is because you may not be able to go back and complete unfinished sections at a t later date. Also, the amount of time taken to complete an online application or how may times you log in and out may be monitored.

Your Attitude and You

Do you take a positive attitude towards yourself and have a positive attitude on the job?

- 1. Are you willing to **LEARN?** Knowledge is important for growth.
- 2. Do you do your **BEST** on the job? _ Take pride in your work.
- 3. Do you demonstrate **ENTHUSIASM**? Enthusiasm fuels progress.
- 4. Are you willing to **GROW**? Growth is an important step towards success.
- 5. Do you welcome **CHANGES**? Changes can lead to opportunity.
- 6. Do you cultivate a **SENSE OF HUMOR**? Humor can help relieve stress
- 7. Are you **DEPENDABLE**? Dependability is the key to success on the job.
- 8. Are you **CONSIDERATE** of others? this includes the time of others.

Easy ways to develop a positive attitude:

- 1. Surround yourself with OPTIMISITIC and SUPPORTIVE people-Attitudes are contagious.
- 2. Be POLITE -Your demeanor speaks volumes

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- 3. Be HELPFUL It makes you feel good to see someone smile.
- 4. Be PATIENT You never know what other people are dealing with.
- 5. BELIEVE in yourself—Others are watching and waiting to applaud you.
- 6. Set GOALS for yourself—if you don't know where you're headed, you'll never get there.



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KEWANEE HORIZONS VOLUME 53 PAGE 41

7. MINIMIZE EXPOSURE to negative influences—You are what you surround yourself with.

8. Take PRIDE in yourself—If you feel good about yourself, others will feel good about you.

The Conviction Question

One of the biggest questions is how to handle the conviction when you're face to face with an employer? Just remember **C.O.P.E.**

COPE

<u>**Comfort the Employer</u>**. Let the employer know hat your offense did not happen on the job. For example, "Yes, I was convicted of a felony, but it was not job related." If your felony was job-related, you may need to get individual assistance to address this.</u>

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<u>**Own it**</u>. There was a time in my life when I was making some bad choices and I was convicted of (state your offense). Do not add what degree it was and do not go into detail regarding your offense. If you have more than one offense, you may want to address that by saying something like...."I have more than one felony conviction, but my most recent offense is _____."

<u>Positives</u>["] I thought a lot about where my life was going and I decided to make some changes." Now is the time to talk about what you have accomplished since your conviction, such as education, treatment, previous employment and son on.

Encourage the employer. " I am a good worker and I want to work, I just need an opportunity to prove my skills to an employer." Tell them that you want the job!"

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(Developed by the Wilder Foundation Jobs First Program 2006)

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AND DON'T FORGET YOU PAT YOURSELF ON THE BACK. FINDING A JOB IS HARD WORK.

Lao Tzu says, " The journey of a thousand miles begins one step."

Disclaimer: The information that we are providing comes from the Illinois Department of Employment Security. With that in mind, things are subject to change. We are in the process of trying to obtain relevant information that will prove useful to your reentry back into free society. We value and appreciate your patience.

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Decision 3: The Active Decision I Am a Person of Action.



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Beginning today, I will create a new future by creating a new me. No longer will I dwell in a pit of despair, moaning over squandered time and lost opportunity. I can do nothing about the past. My future is immediate. I will grasp it in both hands and carry it with running feet. When I am faced with the choice if doing nothing or doing something, I will always choose to act! I seize this moment. I choose now.

I am a person of action. I am energetic. I move quickly. Knowing that laziness is a sin, I will create a habit of lively behavior. I will walk with a spring in my step and a smile on my face. The lifeblood rushing through my veins is urging me upward and forward into activity and accomplishment. Wealth and prosperity hide from the sluggard, but rich rewards come to the person who moves quickly.

I am a person of action. I inspire others with my activity. I am a leader. Leading is doing. To lead, I must move forward. Many people move out of the way for a person on the run; others are caught up in his wake. My activity will create a wave of success for the people who follow. My activity will be consistent. This will instill confidence in my

leadership. As a leader, I have the ability to encourage and inspire others to greatness. It is true: An army of sheep led by a lion would defeat an army of lions led by a sheep!

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I am a person of action. I can make a decision. I can make it now. A person who moves neither left or right is destined for mediocrity. When faced with a decision, many people say they are waiting on God. But I understand, in most cases, God is waiting on me! He has given me a healthy mind to gather and sort information and the courage to come to a conclusion. I am not a quivering dog, indecisive and fearful. My constitution is strong and my pathway clear. Successful people make their decisions quickly and change their mind slowly. Failures make their decisions slowly and change their mind quickly. My decisions come quickly, and they lead to victory.

I am a person of action. I am daring. I am courageous. Fear no longer has a place in my life. For too long, fear has outweighed my desire to make things better for my family. Never again! I have exposed fear as a vapor, an imposter who never had any power over me in the first place! I do not fear opinion, gossip, or the idle chatter of monkeys for all are the same to me. I do not fear failure, for in my life, failure is a myth. Failure only exists for the person who quits. I do not quit.

I am courageous. I am a leader. I seize this moment. I choose now.

I AM A PERSON OF ACTION.



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By: Timothy "Timzale" Alexander

THE HORZONS MONEY TEAM

Greetings Everyone; Today we will do a competitive comparison competition of the Exchange Trading Funds, also known as (ETF's). Exchange Trading Funds are the little cousins of Index funds. They are composed of companies from the NYSE, S&P and NASDAQ and foreign companies that are selected according to their sector or selection, this is done in a way to create profit for the client that is investing in them.

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ETFs are much cheaper than Index Funds for starters, and they give you the opportunity to invest in the market by diversifying your positions in the companies your investing your money, by allowing you to purchase a fraction of the corporation you want to place investments within along with shares of other corporations. You always want to know what is the percent % it will cost to own each ETF from every provider over the years. You should choose between (large, mid, and small cap) ETFs and look for Growth and Value in all, to maximize your returns while minimizing your risk even in this field.

Also, do your research of these providers to get as much clarity as you need before placing you and your love ones in any situation, be it good or otherwise. Thank you for taking the time to read and investigate our work.

These are just some examples of ETF's and where they stand in the Market:

A. **VANGAURD TOTAL STOCK (VIT)-**\$210.22 vs **SPDR DJIA Tr (DIA)**-345.20 both are the total indexes of the Dow Jones.

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- B. VANGAURD S&P 500ETF (VOO)-\$390.58 vs Invesco (QQQ)-\$335.17 vs ISHARE coreS&P (IVV) \$424.62 these three are a total of the markets.
- C. SPDR S&P500 (SPY)-\$421.30 vs ISHcore S&P MC (IJH)-\$261.14
- D.ISHSemi conductor (SOXX)-\$420.14 vs VANECK Semi.con (SMH)
- E.ISHRussell 2000 (IWM)-\$188.22 vs Vanguard (VUG)-220.48

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F. <u>Vanguard Large Cap (VV)</u>- Top five holdings: Apple, Exxon Mobil, Microsoft, Johnson& Johnson, Wells Fargo. Vs <u>Schwab U.S. Large cap (SCHX)</u>-Top five: Apple, Exxon Mobil, Johnson & Johnson, Bershire Hathaway.

More Large Growth: You must look into these carefully these are index ETFs.

A. Vanguard Value Index (VTV)- Top five holdings: Exxon Mobil, Micresoft, Johnson & Johnson, Wells Fargo Berkshire Hathaway,(this ETF has a total of (400) or so the nation's largest value stocks within it. vs <u>Vangaurd (MGV)-</u> Top five holdings Exxon Mobil, Microsoft, Johnson & Johnson Wells Fargo, Berkshire Hathaway (this Large-cap Value Index- 150 or so of the largest U.S. stocks with value characteristics)

B. iShares Morningstar Large Value Index (JKF)- (76 of the largest U.S. value stocks

"value" being determined by Moriningstar's proprietary formula)- Top five holdings: Exxon Mobil, Wells Fargo, General Electric, JPMorgan Chase, Chevron.

C. **iShares Russell 1000 Value ETF (IWD)-** The 600 or so more-valuey stocks in the Russell 1000 Index (the largest 1,000 publicly traded companies in the land)* vs Schwab U.S.Large-Cap Value indexed to: Dow Jones U.S. Large-Cap Value (made up of the more valuey half of the 600 or so stocks that comprise the DJ U.S. Large Cap StockMarket Index) Top five holdings; Exxon Mobil, Microsoft, Johnson & Johnson, Wells Fargo, General Electric. This is a good option and all Schwab ETFs if held at Schwab.***

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Small Growth and Small Value.

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- A. <u>Vanguard Small Cap (VB)</u>-(1,750 broadly diversified smaller U.S. companies) Top five holdings: Alkermes, Harman International, Alaska Air, Snap-on Inc, Packaging Crop of America. vs <u>Schwab U.S. Small Cap (SCHA)-</u>Total Stock Market Index(1,750 of America's most modest-sized publicly traded companies) Top five holdings: Tiquint Semiconductor, West Pharmaceutical Services Inc, Teledyne Technologies, Maximus Inc Toro Co.
- B. <u>iShares S&P small Cap 600 (IJR)</u>-(Roughly 600 companies that make up the S&P Small Cap 600 Index. Top five holdings: Tiquint Semiconductor, West Pharmaceutical Service Inc, Teledyne Technologies, Maximus Inc, Toro Co. vs <u>iShare Morningstar</u> <u>Small Core (JKJ)-(</u>260 companies from the moringstar Small Core Index that fall somewhere between extreme growth and value). Top five holdings: Alkermes, Harman International, Alaska Air, Snap-on Inc, Packaging Crop of America.

Strictly small cap growth funds.

A. <u>Guggenheim S&P 600 Small cap Pure, (RZG)</u>-Approximately 150 of the smallest and most growth of the S&P 600 companies. Top five holdings: Lannett Co, Take-Two Interactive Software Inc, Carrizo Oil & Gas, Taser International, Synergy Resources Corp. vs <u>Vanguard Small Cap Growth Index (VBK)-(</u>approximately 970 small cap growth companies in the United States). Top five holdings: Alkermed PLC, Harman International, CMT Market Liquidity Rate, ISIS Pharmaceuticals, Cooper Companies. MON CROWN AND CROWN

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B. <u>iShares S&P Small Cap 600 Growth (IJT)-</u> Despite the "600" in it's name, this ETF tracks the350 or so holdings that make up the S&P Small Cap 600/Citigroup Growth Index. Top five holdings. Triguint Semiconductor, Maximus Inc, Toro Co, Buffalo Wild Wings Inc Curtiss-Wright Crop. vs <u>iShares Morningstar Small Growth Index -(JKK)</u> - approximately 370 companies from the Morningstar Small Growth Index. Top five holdings: NorthStar Asset Management, Kate Spade &Co, DexCom Inc, Zebra Technologies, United Natural Foods.

Let's Go Global.

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A. <u>iShare S & P Europe 350-(IEV)</u>-a collection of 350 large cap companies in 16 European countries. Top five country holdings: United Kingdom, France, Germany, Switzerland, Spain.* this is a costly ETFs at 0.60 percent Expense ratio this is high. vs <u>BLDRS Europe 100 ADR-(ADRU)-</u> a market-weighted basket of 100 European market-based ADSs(American Depositary Receipts) representing the United Kingdom (about half the money pot) and major nations of the European continent, in addition to, for some unknown reason, Israel.



B. <u>iShares MSCI Emerging Markets (EEM)</u>- a basket of approximately 860 companies in 20 emerging market nations. Top five holdings: China, Brazil, south Korea, Taiwan, South Africa. This it a very costly one to buy up front. vs <u>Vanguard MSCI Emerging</u> <u>Market.(VWO</u>)- this tracks roughly1,000 companies in 23 emerging markets nations. The cost is the lowest in the pack, and diversity of investments is more than adequate.

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(REITs) Real Estate Investment Trusts.

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A.Schwab US REIT-(SCHH) vs iShares US RealEST-(IYR)

B. SPDR DJ REIT-(RWR) vs DimeUSRealEst-(DFAR)

This is a list of other ETFs that you should research into on your on time.

ARK Innovation -(AKKR), iShares-(ITOT), WisdTrEmFRTrea-(USFR),** Fidelity-RealEst-(JPMBetaJapan-(BBJP), FREL),JPMBetaEurope-(BBEU), WT Cloud Comp-(WCLD), Alerlan MLPEFT-(AMLP),

CapitalGrpGlbGrw-(CGGO),Capital.Grp Grw-(CGGRCapGrpintfocus-(CGXU),DirexDJ Bul3x-(WEBL)

CnsmrDiscSelSector-(XLY)**, DirexFin Bul3x-(FAS)

CnsStapleSelSector-(XLP),

<u>DimenintValue-(DFIV),</u>

DimenUSTargVal-(DFAT),

Direx TechBull3-(TECL),



<u>JanusHenderson.AAA-(JAAA),</u>

Teucrium Wheat fd-(WEAT),

UtilitiesSelSector-(XLU)**,

ProshUltraS&P-(SSO),

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IshGlobalREIT-(REET),

Short Stocks: All of these ETFs will help you when there is a Bear market, or a sector is not showing any growth, these ETFs go up in value as long as there is a bear market or when certain stocks are going down, all of the ones listed will allow you to benefit. We think it's best for you to buy these ETFs when the bull market is running, when all of these ETFs are low in price, purchasing your short ETFs in a bull market and letting them sit in your portfolio gives you the opportunity to make money when the market is going up or going down.

ProShUltShQQQ-(SQQQ)

<u>DirexSemiBr3x-(SOXS)</u>

<u>DirexTechBear-(TECS)</u>

Direx20+TreaBR-(TMV), This is a bond (ETF), you must pay attention to the bond market.

DirexS&P500Br3-(SPXS),

DirexS&PBiotechBr3-(LABD),

ProSHSHTvixt-(SVXY),



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VANGDSHTTminfltn-(VTIP),

VANGDShortTrea-(VGSH),

ProShSHTDOW30-(DOG),

<u>ProShShortHY-SJB),</u>

ProSHSHRTQQQ-(PSQ),

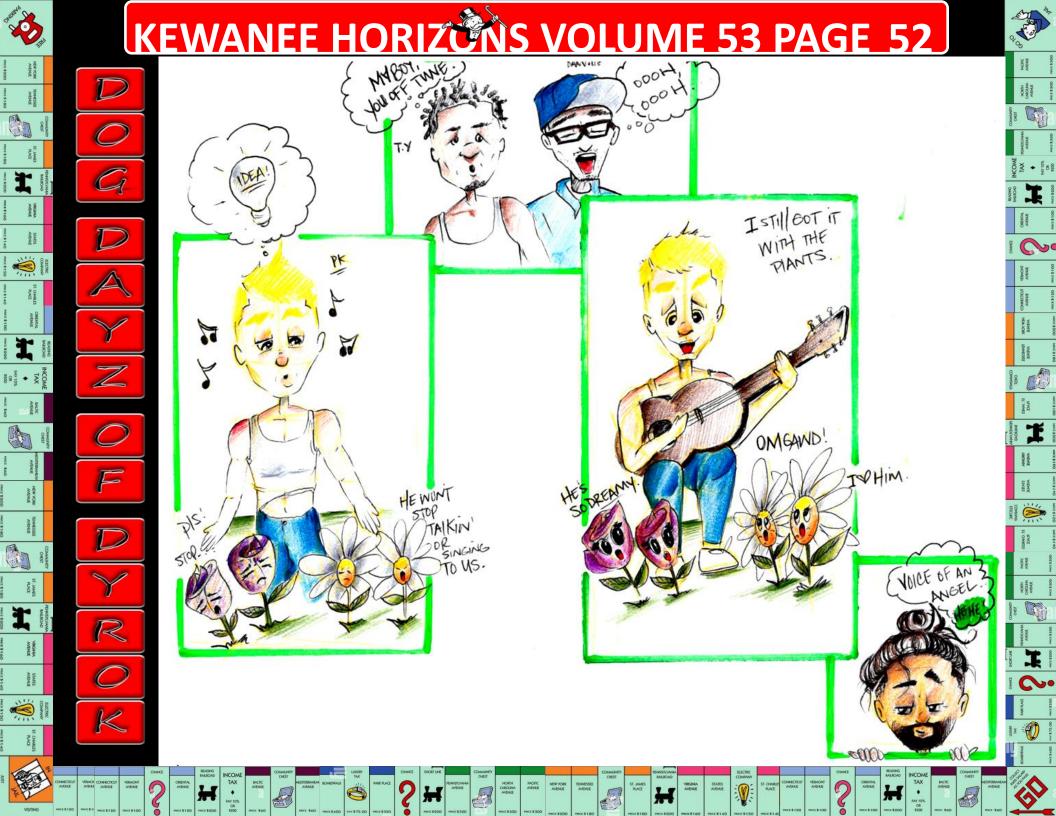
ProShShRuss2000-(RWM),

ProShShrtS&P500-(SH),

ProShSh20+Tr-(TBF).

We will come back to this subject in some time soon, We also hope this list will help everyone in some way. Thank you for your time and as always, keep yourself safe by being a intelligent investor.

The horizon money team: We will never ask or tell you to invest in any of the information that we give. We are only giving information on investing for everyone to research; our only attempt is to provide information to guide us in our quest for financial success. Please never take our word as being correct. Always seek the knowledge for yourself first.



The human brain contains about 86 billion neurons.

On average, an adult human brain weighs 2.6-3.1 lb., which is about 2% of total body weight.



The human brain makes up just 2% of the body's total weight, but it consumes 20% of its energy.



The brain is 73% water. while the body as a whole is closer to 60%. The average brain contains around 35 fluid oz. of water.

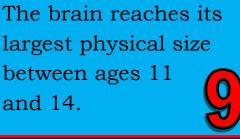
10 CRAZY FACTS ABOUT YOUR BRAIN

During our teenage years, we need plenty of sleep as our brain continues to develop. But, at this time our circadian rhythms shift as melatonin, the hormone that is released in the evening and makes us feel sleepy, begins to be released later than usual. This is why teenagers often want to go to bed later than children and adults.

and 14.

About 40% of the brain's tissue is gray matter, which is tightly packed nervecell bodies.

About 60% of the brain's tissue is white matter. This is made from long wire like extensions of nerve cells covered in sheaths of fat.



After birth, babies' brains are like sponges; they are incredible at taking information from the world around them and trying to make sense of it. Brain volume doubles in the 1st year of life. Synapses grow and form new connections rapidly and easily, a process called neuroplasticity.

The body's entire supply of blood is pumped through the brain every 7 minutes.







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Aries: Refuse to let your emotions take you down a disruptive path. Channel your energy into physical work. Use your money to support your goals. Take on challenges that increase your awareness. <u>Translation</u>: Quit trippin over Shortie. Prepare for home and read that book on investing.

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Taurus: Choose quality over quantity. It's up to you to implement change. Aim to incorporate more stability into your everyday routine. A change at home may be disruptive but will pan out. <u>Translation</u>: Bouncin the weight off yo chest and swingin during arm dayz ain't cuttin it. Do it right it and get that money.

Gemini: Push forward with passion. Take notes and be prepared. Refuse to let someone take up your valuable time. Work on achieving your own goals instead of helping someone else succeed.

<u>Translation</u>: Whatever buddy has to say don't mean jack. You lived it and it's up to you to do the right thang.

Leo: Refuse to let someone's demands ruin your plans. Make it clear that you must finish one thing before starting another. <u>Translation</u>: Multitasking ain't a thing. So do it one and done, no double takes. Do it right



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Virgo: Listen and learn. Pay attention to detail and concentrate on what will bring the most beneficial results. A physical change will open doors that have been shut. A kind gesture will pay off. <u>Translation</u>: The diet and cardio is workin so just a bit longer and you can go to clothing for a new set of blues.

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Libra: Choose to do things that make you feel inspired and passionate about life, love, and happiness. Express your thoughts and feelings and make suggestions, but don't pay for someone else's mistakes.

<u>Translation</u>: Who cares if the haters call it Christian Mingle, its your church so get some God time.

Scorpio: Distress and anger won't solve anything, but making a physical move or change will open your eyes to possibilities. Put your heart into making your surroundings fit your needs. Be creative.

<u>Translation</u>: Getting mad over the joint, ain't gonna make a difference. Its time to get movin, so check on your transfer status. Kewanee has some openings.

Sagittarius: Put y qualifications. Tu tionships. Connec <u>Translation</u>: Bus

Sagittarius: Put your money in a safe place and upgrade your qualifications. Turn your attention to improving meaningful relationships. Connect with people who can help you. <u>Translation</u>: Bust out the typewriter. Its resume writing time

and send out that cover letter



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Capricorn: Figure out how to make your surroundings more accommodating. Clear a space that will encourage you to develop something you want to pursue. Evaluate your earning ability. Romance is featured.

<u>Translation</u>: Turn off the tablet and have some quality quiet time. Write that piece for your new pen pal they will like it.

Aquarius: Everything will seem worse than it is, making it essential for you to get some distance. Don't feel obligated to take on someone else's fight, choices or path to avoid an argument. <u>Translation</u>: It will get better. So chill out and take a walk for a bit and all will make sense in the morning..

Pisces: Don't underestimate what you can do or how you can do it or how you can improve your life. Attach value to your knowledge and skills, see what happens and prepare and market yourself accordingly. Romance is in the stars

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<u>Translation</u>: It's all mind over matter. You can make that lift and run that extra lap. Just keep pushing.

Cancer: Reach out volunteer, do your part and connect with people who chare your concerns. Frank conversations will raise emotional issues that can be dealt with. Positive change is heading your way.

<u>Translation</u>: It's all about community. Like it or not this is your community so step and make a difference.

STANDARDE CALLOUT



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.

STANDARDE CALLOUT

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

KEWANEE HORIZONS VOLUME 53 PAGE 59 MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

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Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

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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 <u>any individuals in custody</u> 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!

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doc.kewaneehorizons@illinois.gov

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

KEWANEEHORIZONE

THEN LIKE AND SHARE THE POST!

G i f y i n p M

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