



KEWANEE BRAND HORIZONS

V53



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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.



OPPORTUNITIES @ KLSRC



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.

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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UTILITY COMPANY	PRICE \$ 100
ST CHARLES PLACE	PRICE \$ 100
VISITING	PRICE \$ 100

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!

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."



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.

I made my way to the “West Gym” and I saw the chairs lined up and I could sense 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



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

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.

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 experiences. 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





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 HISTORIES 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."
— Michelle Obama**





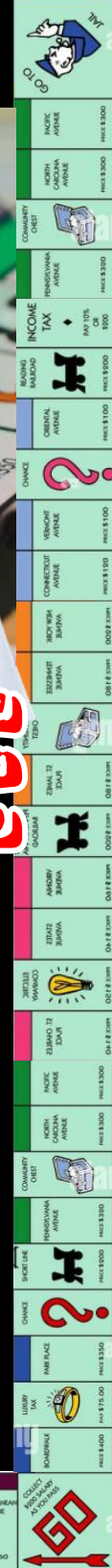


PEER LED SHOWCASE

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.



SPOKEN WORD

By: Carlos Mcdougal

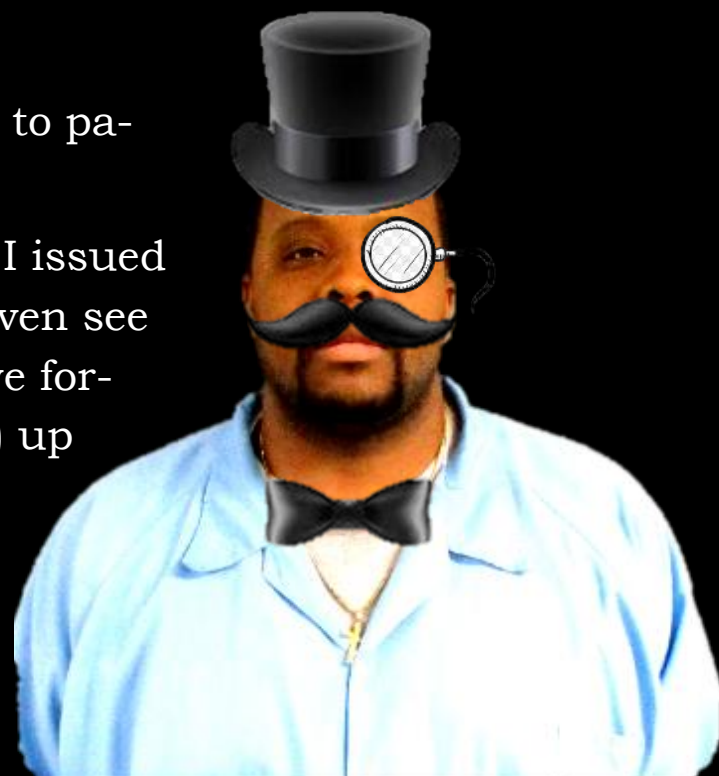


Back like I never left this is your friendly neighborhood poet with another Edition of spoken word

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

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



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...

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





Auf Wiedersehen My Fellow German-ator

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!

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Vertical sidebar on the right containing various small advertisements and logos, including 'FREE', 'COMMUNITY CHEST', 'INCOME TAX', and 'READING BALCHOD'.

Horizontal row of small advertisements at the bottom of the page, including 'CONNECTICUT AVENUE', 'VERMONT AVENUE', 'INCOME TAX', and 'READING BALCHOD'.

THE "P"5K

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!



KEWANEE H.I.I.T. PRESENTS:
THE "P"5K

COME RUN A 5K WITH THE ONE AND ONLY PK FOR HIS LAST HIIT CLASS ON HIS LAST DAY IN KEWANEE! (NOT PK'S IDEA)
 WALK, RUN, JOG, WHATEVER YOU GOTTA DO, FINISH STRONG!
 MONDAY 8:30AM EAST YARD!
 BRAGGING RIGHTS AND PICTURE FOR 1ST PLACE!

WHAT ELSE ARE YOU REALLY DOING???

PROUDLY SPONSORED BY:

NEW YORK AVENUE	PRICE \$1,500
TENNESSEE AVENUE	PRICE \$1,500
COMMUNITY CHEST	PRICE \$1,500
ST. JAMES PLACE	PRICE \$1,500
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MEDITERRANEAN AVENUE	PRICE \$1,500
GO	PRICE \$1,500

FINISHING STRONG

By: J. Miller



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.

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.

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!

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MY KEWANEE THOUGHTS

By: John Cunningham



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 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 **5(P)K RUN**? 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.

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NFL UPDATE

Week 1 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.

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

FREE BUBBLES

NEW YORK AVENUE PRICE \$ 1,000	TENNESSEE AVENUE PRICE \$ 1,140	COMMUNITY CHEST PRICE \$ 1,140	ST JAMES PLACE PRICE \$ 1,140	TENNESSEE AVENUE PRICE \$ 1,140	STATS AVENUE PRICE \$ 1,140	LEWIS & CLARK PRICE \$ 1,150	ST CHARLES PLACE PRICE \$ 1,140																													
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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, 245yds, 3TD. Justin Fields went 24-37, 216yds, 1 pk 6, 1 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.



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!**

Vertical sidebar on the left edge of the page containing various logos and icons, including a red robot head at the top and a 'GO' logo at the bottom.

Vertical sidebar on the right edge of the page containing various logos and icons, including a blue robot head at the top and a 'GO' logo at the bottom.

CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORONAL AVENUE	READING RAILROAD	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST JAMES PLACE	PENNSYLVANIA RAILROAD	VIRGINIA AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORONAL AVENUE	READING RAILROAD	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	GO
PRICE \$100	PRICE \$100	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PAY 10% OR \$200	PRICE \$60	PRICE \$100	PRICE \$60	PRICE \$400	PAY \$75.00	PRICE \$350	?	PRICE \$200	PRICE \$300	PRICE \$100	PRICE \$300	PRICE \$300	PRICE \$200	PRICE \$200	PRICE \$180	PRICE \$180	PRICE \$200	PRICE \$160	PRICE \$140	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PRICE \$60	PRICE \$60	PRICE \$60	GO	

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.
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

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.
- 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.

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.



CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALBOARD	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST. JAMES PLACE	PENNSYLVANIA BALBOARD	VIRGINIA AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST. CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALBOARD	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	GO
PRICE \$ 100	PRICE \$ 100	PRICE \$ 100	PRICE \$ 100	?	PRICE \$ 100	PRICE \$ 100	PRICE \$ 100 PAY 10% OR \$ 100	PRICE \$ 60	PRICE \$ 100	PRICE \$ 60	PRICE \$ 400	PRICE \$ 75.00	PRICE \$ 350	?	PRICE \$ 200	PRICE \$ 300	PRICE \$ 100	PRICE \$ 300	PRICE \$ 300	PRICE \$ 200	PRICE \$ 180	PRICE \$ 180	PRICE \$ 180	PRICE \$ 200	PRICE \$ 160	PRICE \$ 140	PRICE \$ 150	PRICE \$ 140	PRICE \$ 100	PRICE \$ 100	?	PRICE \$ 100	PRICE \$ 100	PRICE \$ 100	PRICE \$ 60	PRICE \$ 60	PRICE \$ 60	GO

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

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.

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.



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

STAIRWELLS - CENTER/EAST/WEST

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

OFFICES (UNDER SUPERVISION OF STAFF/OCCUPANT)

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

Decorative border with icons and labels for various services and locations:

- CONNECTICUT AVENUE
- VERMONT AVENUE
- CONNECTICUT AVENUE
- VERMONT AVENUE
- CHANCE
- ORIENTAL AVENUE
- READING BALCONY
- INCOME TAX
- BALTIC AVENUE
- COMMUNITY CHEST
- MEDITERANEAN AVENUE
- BOARDWALK
- LUXURY TAX
- FAIR PLACE
- CHANCE
- SHORT LINE
- PENNSYLVANIA AVENUE
- COMMUNITY CHEST
- NORTH CAROLINA AVENUE
- PACIFIC AVENUE
- NEW YORK AVENUE
- TENNESSEE AVENUE
- COMMUNITY CHEST
- ST. JAMES PLACE
- PENNSYLVANIA BALCONY
- VERGINA AVENUE
- STATES AVENUE
- ELECTRIC COMPANY
- ST. CHARLES PLACE
- CONNECTICUT AVENUE
- VERMONT AVENUE
- CHANCE
- ORIENTAL AVENUE
- READING BALCONY
- INCOME TAX
- BALTIC AVENUE
- COMMUNITY CHEST
- MEDITERANEAN AVENUE
- GO

- The mop and bucket are to be washed out and put away after using.
- Non-carpeted floors are to be buffed as needed with the buffing machine.
- Vending machines are to wiped daily with damp cloth.
- Radiators and the areas behind, underneath, and between radiator sections are to be cleaned daily.
- Using furniture polish, tables, chairs, other furniture and woodwork are to be cleaned daily.
- Windowsills are to be cleaned daily with a damp cloth.
- Windows and base boards are to be cleaned when necessary
- Corners are to be cleaned and scrapped as required.

VISITING ROOM

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

Vertical sidebar on the left edge containing various icons and labels for different room types or cleaning tasks.

Vertical sidebar on the right edge containing various icons and labels for different room types or cleaning tasks.

CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALCONY	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST. JAMES PLACE	PENNSYLVANIA BALCONY	VERGINA AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST. CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALCONY	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	GO
PRICE \$100	PRICE \$100	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PAY 10% OR \$500	PRICE \$60	PRICE \$60	PRICE \$40	PAY \$75.00	PRICE \$350	?	PRICE \$200	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$200	PRICE \$180	PRICE \$180	PRICE \$200	PRICE \$160	PRICE \$160	PRICE \$140	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$100	PRICE \$1000	PRICE \$60	PRICE \$60	PRICE \$60	GO

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.
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.



CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALCONY	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST JAMES PLACE	PENNSYLVANIA BALCONY	VIRGINIA AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALCONY	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	GO
PRICE \$ 100	PRICE \$ 100	PRICE \$ 100	PRICE \$ 100	?	PRICE \$ 100	PRICE \$ 1000	PAY 10% OR \$100	PRICE \$ 60		PRICE \$ 60	PRICE \$ 400	PAY \$ 75.00	PRICE \$ 350	?	PRICE \$ 200	PRICE \$ 300		PRICE \$ 300	PRICE \$ 300	PRICE \$ 200	PRICE \$ 180		PRICE \$ 180	PRICE \$ 200	PRICE \$ 160	PRICE \$ 140	PRICE \$ 150	PRICE \$ 140	PRICE \$ 100	PRICE \$ 100	?	PRICE \$ 100	PRICE \$ 1000	PRICE \$ 60		PRICE \$ 60		

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
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.

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

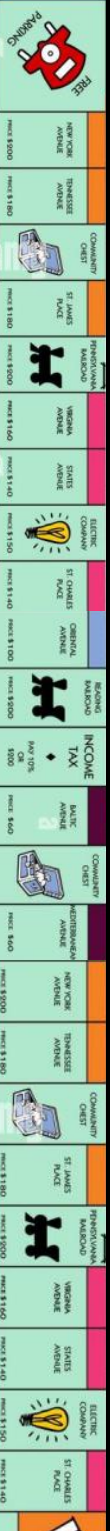
One of the biggest questions is how to handle the conviction when you're face to face with an employer? Just remember **C.O.P.E.**

COPE

Comfort the Employer. Let the employer know that 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.

Own it. 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_____."

Positives" 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 so 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!”

(Developed by the Wilder Foundation Jobs First Program 2006)

**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.

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!

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.

CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	PRICE \$100
ORIENTAL AVENUE	PRICE \$100
READING RAILROAD	PRICE \$100
INCOME TAX	PRICE \$100
BALTIMORE AVENUE	PRICE \$100
COMMUNITY CHEST	PRICE \$100
MEDITERANEAN AVENUE	PRICE \$100
BOARDWALK	PRICE \$100
LUXURY TAX	PRICE \$100
FAIR PLACE	PRICE \$100
CHANCE	PRICE \$100
SHORT LINE	PRICE \$100
PENNSYLVANIA AVENUE	PRICE \$100
COMMUNITY CHEST	PRICE \$100
NORTH CAROLINA AVENUE	PRICE \$100
PACIFIC AVENUE	PRICE \$100
NEW YORK AVENUE	PRICE \$100
TENNESSEE AVENUE	PRICE \$100
COMMUNITY CHEST	PRICE \$100
ST JAMES PLACE	PRICE \$100
PENNSYLVANIA RAILROAD	PRICE \$100
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VERMONT AVENUE	PRICE \$100
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COMMUNITY CHEST	PRICE \$100
MEDITERANEAN AVENUE	PRICE \$100
GO	PRICE \$100



THE HORIZONS MONEY TEAM

By: Timothy "Timzale" Alexander

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.

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.

CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING RAILROAD	PRICE \$1000
INCOME TAX	PAY 10% OF \$100
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60
BOARDWALK	PRICE \$400
LUXURY TAX	PAY \$75.00
PARK PLACE	PRICE \$350
CHANCE	?
SHORT LINE	PRICE \$200
PENNSYLVANIA AVENUE	PRICE \$300
COMMUNITY CHEST	
NORTH CAROLINA AVENUE	PRICE \$300
PACIFIC AVENUE	PRICE \$300
NEW YORK AVENUE	PRICE \$200
TENNESSEE AVENUE	PRICE \$180
COMMUNITY CHEST	
ST. JAMES PLACE	PRICE \$180
PENNSYLVANIA RAILROAD	PRICE \$1000
VIRGINIA AVENUE	PRICE \$160
STATES AVENUE	PRICE \$140
ELECTRIC COMPANY	PRICE \$150
ST. CHARLES PLACE	PRICE \$140
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING RAILROAD	PRICE \$1000
INCOME TAX	PAY 10% OF \$100
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60
GO	

CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING RAILROAD	PRICE \$1000
INCOME TAX	PAY 10% OF \$100
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60
BOARDWALK	PRICE \$400
LUXURY TAX	PAY \$75.00
PARK PLACE	PRICE \$350
CHANCE	?
SHORT LINE	PRICE \$200
PENNSYLVANIA AVENUE	PRICE \$300
COMMUNITY CHEST	
NORTH CAROLINA AVENUE	PRICE \$300
PACIFIC AVENUE	PRICE \$300
NEW YORK AVENUE	PRICE \$200
TENNESSEE AVENUE	PRICE \$180
COMMUNITY CHEST	
ST. JAMES PLACE	PRICE \$180
PENNSYLVANIA RAILROAD	PRICE \$1000
VIRGINIA AVENUE	PRICE \$160
STATES AVENUE	PRICE \$140
ELECTRIC COMPANY	PRICE \$150
ST. CHARLES PLACE	PRICE \$140
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING RAILROAD	PRICE \$1000
INCOME TAX	PAY 10% OF \$100
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60
GO	

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.

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

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

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

A. **Vanguard Value Index (VTV)**- Top five holdings: Exxon Mobil, Microsoft, Johnson & Johnson, Wells Fargo Berkshire Hathaway, (this ETF has a total of (400) or so the nation's largest value stocks within it. vs **Vanguard (MGV)**- 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



Strictly small cap growth funds.

A. **Guggenheim S&P 600 Small cap Pure, (RZG)**-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 **Vanguard Small Cap Growth Index (VBK)**-(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.

B. **iShares S&P Small Cap 600 Growth (IJT)**- Despite the “600” in it’s name, this ETF tracks the 350 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 **iShares Morningstar Small Growth Index -(JKK)** -_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.

A. **iShare S & P Europe 350-(IEV)**-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 **BLDRS Europe 100 ADR-(ADRU)**- 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. iShares MSCI Emerging Markets (EEM)- 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 **Vanguard MSCI Emerging Market.(VWO)**- this tracks roughly 1,000 companies in 23 emerging markets nations. The cost is the lowest in the pack, and diversity of investments is more than adequate.

(REITs) Real Estate Investment Trusts.

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), WisdTrEmFRTre-(USFR), Fidelity-RealEst-(JPMBetaJapan-(BBJP), FREL),JPMBetaEurope-(BBEU), WT Cloud Comp-(WCLD), Alerlan MLPEFT-(AMLP),**

CapitalGrpGlbGrw-(CGGO),

Capital.Grp Grw-(CGGR

CapGrpintfocus-(CGXU),

DirexDJ Bul3x-(WEBL)

CnsmrDiscSelSector-(XLY),**

DirexFin Bul3x-(FAS)

CnsStapleSelSector-(XLP),

DimenintValue-(DFIV),

DimenUSTargVal-(DFAT),

Direx TechBull3-(TECL),



CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALBOARD	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST JAMES PLACE	PENNSYLVANIA BALBOARD	VERGINA AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALBOARD	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	GO
PRICE \$100	PRICE \$100	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PAY 10% OR \$100	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$400	PAY \$75.00	PRICE \$350	?	PRICE \$200	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$200	PRICE \$180	PRICE \$180	PRICE \$180	PRICE \$200	PRICE \$160	PRICE \$140	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$60

JanusHenderson.AAA-(JAAA),

Teucrium Wheat fd-(WEAT),

UtilitiesSelSector-(XLU)**,

ProshUltraS&P-(SSO),

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)

DirexSemiBr3x-(SOXS)

DirexTechBear-(TECS)

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

DirexS&P500Br3-(SPXS),

DirexS&PBiotechBr3-(LABD),

ProSHSHTvixt-(SVXY),



CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING RAILROAD	INCOME TAX	BALTIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST JAMES PLACE	PENNSYLVANIA RAILROAD	VERMONT AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING RAILROAD	INCOME TAX	BALTIC AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	GO
PRICE \$100	PRICE \$110	PRICE \$110	PRICE \$100	?	PRICE \$100	PRICE \$1000	PAY 10% OR \$100	PRICE \$60	PRICE \$40	PRICE \$400	PAY \$75.00	PRICE \$350	?	PRICE \$200	PRICE \$300	PRICE \$160	PRICE \$140	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PRICE \$100	PRICE \$100	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$1000	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$60	

- VANGDSHTminfltn-(VTIP),
- VANGDShortTrea-(VGSH),
- ProShSHTDOW30-(DOG),
- ProShShortHY-SJB),
- 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.



CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORONAL AVENUE	READING BALDWIN	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST JAMES PLACE	PENNSYLVANIA BALDWIN	VERGINA AVENUE	STATES AVENUE	ELECTRIC COMPANY	ST CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORONAL AVENUE	READING BALDWIN	INCOME TAX	BALIC AVENUE	COMMUNITY CHEST	MEDITERANEAN AVENUE
PRICE \$100	PRICE \$110	PRICE \$150	PRICE \$100	?	PRICE \$100	PRICE \$900	PAY 10% OR \$500	PRICE \$60	PRICE \$60	PRICE \$400	PAY \$75.00	PRICE \$350	?	PRICE \$200	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$300	PRICE \$200	PRICE \$180	PRICE \$180	PRICE \$200	PRICE \$160	PRICE \$140	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$900	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$60

The human brain contains about 86 billion neurons.

1

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

2

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

3

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.

4

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.

5

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.

6

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

7

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.

8

The brain reaches its largest physical size between ages 11 and 14.

9

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

10

HOROSCOPES



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.

Translation: Quit trippin over Shortie. Prepare for home and read that book on investing.



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.

Translation: 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.

Translation: 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.

Translation: Multitasking ain't a thing. So do it one and done, no double takes. Do it right

FREE
NEWARK AVENUE
THUNDER AVENUE
COMMUNITY CHEST
ST JAMES PLACE
THUNDER AVENUE
VERMONT AVENUE
STATS AVENUE
LUCKY COMPANY
ST CHARLES PLACE
COMMUNITY CHEST
READING BALDHEAD
INCOME TAX
BALTIMORE AVENUE
COMMUNITY CHEST
NEWARK AVENUE
THUNDER AVENUE
COMMUNITY CHEST
ST JAMES PLACE
PENNSYLVANIA AVENUE
VERMONT AVENUE
STATS AVENUE
LUCKY COMPANY
ST CHARLES PLACE
VISITING

CONNECTICUT AVENUE	VERMONT AVENUE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALDHEAD	INCOME TAX	BALTIMORE AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE	BOARDWALK	LUXURY TAX	FAIR PLACE	CHANCE	SHORT LINE	PENNSYLVANIA AVENUE	COMMUNITY CHEST	NORTH CAROLINA AVENUE	PACIFIC AVENUE	NEW YORK AVENUE	TENNESSEE AVENUE	COMMUNITY CHEST	ST JAMES PLACE	PENNSYLVANIA BALDHEAD	VERMONT AVENUE	STATS AVENUE	ELECTRIC COMPANY	ST CHARLES PLACE	CONNECTICUT AVENUE	VERMONT AVENUE	CHANCE	ORIENTAL AVENUE	READING BALDHEAD	INCOME TAX	BALTIMORE AVENUE	COMMUNITY CHEST	MEDITERRANEAN AVENUE
PRICE \$100	PRICE \$100	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$900	PAY 10% OR \$500	PRICE \$60	PRICE \$300	PRICE \$60	PAY \$75.00	PRICE \$350	?	PRICE \$200	PRICE \$300	PRICE \$100	PRICE \$100	PRICE \$300	PRICE \$300	PRICE \$200	PRICE \$180	PRICE \$180	PRICE \$200	PRICE \$160	PRICE \$160	PRICE \$140	PRICE \$150	PRICE \$140	PRICE \$100	PRICE \$100	?	PRICE \$100	PRICE \$900	PRICE \$60	PRICE \$60	PRICE \$60	PRICE \$60

FREE
PACIFIC AVENUE
NORTH CAROLINA AVENUE
COMMUNITY CHEST
PENNSYLVANIA AVENUE
INCOME TAX
READING BALDHEAD
ORIENTAL AVENUE
CHANCE
VERMONT AVENUE
CONNECTICUT AVENUE
NEW YORK AVENUE
BOARDWALK
VERMONT AVENUE
VERMONT AVENUE
ZEBACO ISLAND
VERMONT AVENUE
ANDREW AVENUE
ZEBACO ISLAND
PACIFIC AVENUE
NORTH CAROLINA AVENUE
COMMUNITY CHEST
PENNSYLVANIA AVENUE
SHORT LINE
CHANCE
FAIR PLACE
LUCKY COMPANY
BOARDWALK



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.

Translation: The diet and cardio is workin so just a bit longer and you can go to clothing for a new set of blues.



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.

Translation: 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.

Translation: 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 your money in a safe place and upgrade your qualifications. Turn your attention to improving meaningful relationships. Connect with people who can help you.

Translation: Bust out the typewriter. Its resume writing time and send out that cover letter

CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$110
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING BALCHOD	PRICE \$900
INCOME TAX	PAY 10% OR \$500
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60
BOARDWALK	PRICE \$400
LUXURY TAX	PAY \$75.00
FAIR PLACE	PRICE \$350
CHANCE	?
SHORT LINE	PRICE \$200
PENNSYLVANIA AVENUE	PRICE \$300
COMMUNITY CHEST	
NORTH CAROLINA AVENUE	PRICE \$300
PACIFIC AVENUE	PRICE \$300
NEW YORK AVENUE	PRICE \$200
TENNESSEE AVENUE	PRICE \$180
COMMUNITY CHEST	
ST. JAMES PLACE	PRICE \$180
PENNSYLVANIA BALCHOD	PRICE \$200
VERMONT AVENUE	PRICE \$160
STATES AVENUE	PRICE \$140
ELECTRIC COMPANY	PRICE \$150
ST. CHARLES PLACE	PRICE \$140
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING BALCHOD	PRICE \$900
INCOME TAX	PAY 10% OR \$500
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60

CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$110
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	?
ORIENTAL AVENUE	PRICE \$100
READING BALCHOD	PRICE \$900
INCOME TAX	PAY 10% OR \$500
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	
MEDITERRANEAN AVENUE	PRICE \$60



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.

Translation: 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.

Translation: 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

Translation: 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 share your concerns. Frank conversations will raise emotional issues that can be dealt with. Positive change is heading your way.

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

CONNECTICUT AVENUE	PRICE \$ 100
VERMONT AVENUE	PRICE \$ 110
CONNECTICUT AVENUE	PRICE \$ 110
VERMONT AVENUE	PRICE \$ 100
CHANCE	PRICE \$ 100
READING BALDWIN	PRICE \$ 1000
INCOME TAX	PAY 10% OR \$200
BALTIMORE AVENUE	PRICE \$ 60
COMMUNITY CHEST	PRICE \$ 60
MEDITERANEAN AVENUE	PRICE \$ 60
BOARDWALK	PAY \$75.00
LUXURY TAX	PRICE \$350
FAIR PLACE	PRICE \$200
CHANCE	PRICE \$200
SHORT LINE	PRICE \$300
PENNSYLVANIA AVENUE	PRICE \$300
COMMUNITY CHEST	PRICE \$300
NORTH CAROLINA AVENUE	PRICE \$300
PACIFIC AVENUE	PRICE \$300
NEW YORK AVENUE	PRICE \$200
TENNESSEE AVENUE	PRICE \$180
COMMUNITY CHEST	PRICE \$180
ST. JAMES PLACE	PRICE \$200
PENNSYLVANIA BALDWIN	PRICE \$200
VIRGINIA AVENUE	PRICE \$160
STATES AVENUE	PRICE \$140
ELECTRIC COMPANY	PRICE \$150
ST. CHARLES PLACE	PRICE \$140
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	PRICE \$100
ORIENTAL AVENUE	PRICE \$100
READING BALDWIN	PRICE \$200
INCOME TAX	PAY 10% OR \$200
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	PRICE \$60
MEDITERANEAN AVENUE	PRICE \$60

CONNECTICUT AVENUE	PRICE \$ 100
VERMONT AVENUE	PRICE \$ 110
CONNECTICUT AVENUE	PRICE \$ 110
VERMONT AVENUE	PRICE \$ 100
CHANCE	PRICE \$ 100
READING BALDWIN	PRICE \$ 1000
INCOME TAX	PAY 10% OR \$200
BALTIMORE AVENUE	PRICE \$ 60
COMMUNITY CHEST	PRICE \$ 60
MEDITERANEAN AVENUE	PRICE \$ 60
BOARDWALK	PAY \$75.00
LUXURY TAX	PRICE \$350
FAIR PLACE	PRICE \$200
CHANCE	PRICE \$200
SHORT LINE	PRICE \$300
PENNSYLVANIA AVENUE	PRICE \$300
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NEW YORK AVENUE	PRICE \$200
TENNESSEE AVENUE	PRICE \$180
COMMUNITY CHEST	PRICE \$180
ST. JAMES PLACE	PRICE \$200
PENNSYLVANIA BALDWIN	PRICE \$200
VIRGINIA AVENUE	PRICE \$160
STATES AVENUE	PRICE \$140
ELECTRIC COMPANY	PRICE \$150
ST. CHARLES PLACE	PRICE \$140
CONNECTICUT AVENUE	PRICE \$100
VERMONT AVENUE	PRICE \$100
CHANCE	PRICE \$100
ORIENTAL AVENUE	PRICE \$100
READING BALDWIN	PRICE \$200
INCOME TAX	PAY 10% OR \$200
BALTIMORE AVENUE	PRICE \$60
COMMUNITY CHEST	PRICE \$60
MEDITERANEAN AVENUE	PRICE \$60

STATEWIDE CALL OUT



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



STATEWIDE CALL OUT



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



MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

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

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



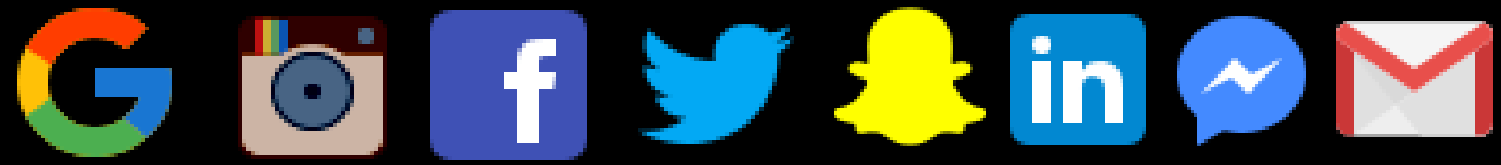
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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Vertical sidebar on the right containing various real estate listings with icons and prices.

Horizontal sidebar at the bottom containing various real estate listings with icons and prices.