

KEWANEE  
HORIZONS  
HORIZONS  
KEWANEE

VOLUME 5

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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, for 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 this community both on campus and off. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives here on campus 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.

## RESTORATIVE JUSTICE

*KEWANEE LSRC* has agreed to allow, consistent with COVID protocols, to engage in more Restorative Practices. In the Horizons newsletter you will see the terms **RESTORATIVE JUSTICE** and **RESTORATIVE PRACTICES** very often.

The aim of Restorative Practices is to develop community and to manage conflict and tensions by repairing harm and building relationships. Restorative Justice in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in Restorative Justice are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The Kewanee Horizons team believes creating a better community is Restorative. By indirectly repairing damages and by giving back to our current community and with greater communities at large, we are engaging in Restorative Practices.

**Community:** A group of people with a common characteristic or interest living together within a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

*Lung Cancer Awareness*



# SECOND CHANCES

Recently I was asked, “What does a second chance mean to me?” At the time I reflected back to a conversation me and three other former juvenile lifers had two months before. The conversation was about how we were literally living our dreams. Some may pause at this and ask what does he mean about living his dream, while still in prison. He gotta be trippin`. How can they be living their dreams?

Well, all three of us had Natural Life sentences for crimes we committed as juveniles. All of us were re-sentenced to a term of years that says within the next two years we will be returning to society. The reason why we say we are living our dreams is because we were reflecting on the times we would be sitting in our cells in Menard and/or Stateville, day-dreaming about what we would do, if we were given a second chance, if we only had an opportunity to return to society. Which in our minds, would be in the form of a realistic out-date. We are now living our dreams because we have those things.

A second chance to me represents a meaningful opportunity. It’s an affirmation of my value and existence. An opportunity to show that I have a value to society. To physically be present for my family and community. To be an example of a juveniles` capacity to truly mature. It’s also an obligation to self to understand that I am responsible for my life and actions.

It's my chance to show that I can and will function in society in a productive way. Honoring the belief and faith that a lot of people had, and showed, in me. Which, from a self-esteem perspective motivated me on my journey. From the individuals in custody, clinical services staff and mental health staff at Menard, the communities and relatives of Illinois incarcerated children, Northwestern University's Children and Family Justice Center, and the countless other people whom helped me along my path.

When I was 19 years old in Stateville an individual in custody told me not to focus on my sentence. If I really wanted an opportunity to be released, my actions should reflect it. And while I may be in prison, don't succumb to being of prison. The Clinical psychologist at Menard that helped me understand that to acknowledge my upbringing is not to make an excuse for my actions (which there are none), but to be honest about the impact it had on my thoughts, feelings, attitudes and beliefs. All of which my actions flow from. It was my frame of reference at the time. That forgiving a person may be good for them and something they need to hear. But it's more about you growing and moving forward.

So in short a second chance represents numerous opportunities. I'm also mindful that the way I chose to serve my time is part of what made this second chance possible. So I ask everyone reading this to be mindful that your actions today and tomorrow could directly impact the chances you may have down the road. KH

Written by a Former Juvenile Lifer

## STATEVILLE ANSWERS THE CALL



BY: PATRICK KLEIN

Here at Kewanee Horizons we are striving to showcase the academic success of individuals in custody from across the state. The recent graduation ceremony at Stateville Correctional Center exemplifies this and we were extremely excited when we received behind-the-scenes photos of the festivities that took place there this past June. These students were the first group of incarcerated individuals in IDOC to earn a Masters degree. Cook County State's Attorney Kim Foxx was in attendance to speak and shook each graduate's hand.

What stood out to me most when looking at these pictures was the electricity and excitement in the air. Just looking at the pictures made the enthusiasm of the graduates and their peers palpable, it was inspirational. Men like these, the first to successfully accomplish something against the odds, the ambassadors of such a groundbreaking program, set the stage for





the many more that will follow in their footsteps. It reminded me that nothing we do, we do alone. It is not just the diploma that matters but the journey that brought them to that diploma and the environment that cultivates it.

One of the pictures that stuck out most to me was an individual in the back of the crowd in State Blues standing up with his hands in the air, visibly excited for his peer walking across that stage. Whenever we accomplish something there are people in our environments pushing us to be successful, to be the best version of ourselves. It is not just the program or the education that we receive from it that has such a profound effect on us, but the sense of community and support systems that enable it.

To think that we can thrive in such inherently toxic environments is a miracle in itself. It caused me to reflect on the successes that I have had, inside and outside of prison, and those people that were behind the scenes encouraging me and helping me to succeed. The most recent example of this in my life took place in the few months that I have been here at Kewanee.



I transferred here in May from Jacksonville and had just completed my horticulture certificate. Upon my arrival at Kewanee I was fortunate enough to meet some inspirational peers, people that radiated positivity and were making positive life choices. They were doing the things that I wanted to do and I quickly began to look up to them.

Here at Kewanee we are very blessed by the fact that if there is something missing academically, we are encouraged to take it upon ourselves to start a peer-led class to fill the void. It is a daunting task at first as you must present a proposal and formulate curriculum in order to get the class approved. I began working in the garden, putting my knowledge and experience to use. My peers continuously encouraged me to start my own horticulture class. Now here I am 3 months later and with their help and some help from the amazing educators we have here at Kewanee, I had the first day of my 8 week long horticulture/gardening 101 class. Had it not been for that initial nudge and the encouragement and support that followed, I would not be where I am today. I wouldn't have, and probably couldn't have, done it on my own.



While my accomplishment is not as huge of an accomplishment as a Master's degree, to me the feeling is the same, the sense of accomplishment and reflecting on the people that helped me get to that point is felt by us both. I see myself in these men at Stateville that graduated and can relate to their experience.

No man is an island, behind all of us are great people responsible for our growth and maturation. It is what makes places like Kewanee and programs like that at Stateville great. These are the experiences that make us feel part of a community, part of a greater whole. These are the experiences that shape us and prepare us for re-entry into the real world. I look forward to seeing more wins like the one we just saw at Stateville in the future from across the state. **KH**

# KEWANEE'S FINEST





By: Cody Pratt

My name is Cody Pratt. I have been incarcerated for four years now. As I was sitting in my cell in Danville, I knew something had to change or I would spend my life in places like this, slowly losing pieces of myself along the way. I decide I should take a chance on myself and I applied to come here to Kewanee. Fast forward to today, I've been going into the city as a volunteer worker.

I am part of a team of four who go out and work. This last week we have been using a bush hog (a machine that is made for clearing fields of dense vegetation.) We leave early in the morning and we work until late in the afternoon. We go out and give it our all. It feels like freedom when I am out there. Last month we went downtown and cleared brush, picked up trash and painted curbs. A few weeks ago we helped set up display boards inside businesses downtown working alongside a few dedicated citizens of Kewanee. All the work we have done was purely on a volunteer basis. We aren't looking to get anything out of it, we just want to give back to a community and a campus that have given so much to us and for us.

Showing people that even while in prison we make strides to better ourselves and build bridges of personal growth and improvement reaching out back into our communities to give back is an awesome experience. Before now, I never thought I would be in the position I am in: being trusted enough to be an ambassador of the Kewanee campus. Showing both sides of the fence that real change is possible with just a little trust and

r e s p o n s i b i l i t y .

Through being here at Kewanee and putting fourth genuine effort I understand what change means and how I found a way to achieve it. I am in no way saying I have fully changed. But I am **NOT** the same man I was those twelve months ago in that prison cell in Danville. Being in the city of Kewanee, working and giving back makes me feel valued, plus I am proud to represent for my Kewanee campus and the Kewanee community as a whole. Every other institution I have been in felt like prison. Here doesn't, it feels like opportunity and change. I know I have a long way to go and a lot of things in my life are in need of re-building. Giving my time and effort is a good price to pay for being here. Working inside and outside grounds instilled confidence in me and made me realize I want to work towards a bigger goal. I earned the trust of the staff and administrators and they have taught me responsibility and how to hold myself accountable. Being out there working is giving me a unique opportunity to learn real world skills while giving back to Kewanee. I go home soon and I can't wait to apply everything I have learned in here and put it towards my future. Never give up on yourself, always keep reaching.

In my personal journey, I've been afforded this opportunity to be part of the Kewanee Life Skills Re-entry Center. Where I have been able to take full advantage of impactful programs. That has personally helped rebuild my insight on how I'm able to be a successful individual. For all the right reasons as I step back into my Community. Many times for us individuals that are serving a sentence of incarceration and ready to actively change ourselves for all the right reasons. Our minds are constant with the repetitive thought of our vision of change, though change starts with the mind. Kewanee is a place, an opportunity, and a community where active change can be put into an individuals actions. I believe the act of change does not have to wait until release. It starts **NOW!** With full completion of my personal and life social preparedness groups and my willingness to work multiple job details throughout the Kewanee Facility, I have been afforded more of an opportunity to step out into the community of Kewanee. Where I am able to serve, offer help and give back. Working on the outside has allowed me to show the active working role of change; that before I only played out in my mind and with my words.

This opportunity means a lot to me and my family. My thanks goes out to all parts of individuals in support of this act of change in Kewanee. For my personal journey in recovery of is dear to me and my family. I believe one cannot ask for help with out helping themselves first.

**Thank You.**

Sincerely, MR. Crowder



# MORE THAN A COOK.....

I met Markeith “Bam” Jenkins a decade ago in Danville Correction Center, we met through mutual friends and not too soon after I would hear his name ring throughout the facility. Guys would be talking about stuff like “Bam’s a Beast in the kitchen” and “Have you tried his Sauce ?” You see, Bam’s the prison cook. I’m sorry, **‘Head Cook’** and this is a tablespoon of his culinary journey:

Bam learned how to cook as a child of not more than 10 years old, he followed the sweet scents of his mother’s and grandmother’s cooking right into the kitchen. Mom thought it was important to teach a young Bam how to cook and clean, knowing it would benefit him when he got older. As his love and passion for food grew over the years, so did his love for the street life, and unfortunately, that led to his incarceration. Luckily for him (and us!) his incarceration didn’t stop his passion for the culinary arts. Being incarcerated only made Bam focus even more on his love of cooking, he believes that you have to have the passion to cook and you have to care about the people you serve.



**“If YOU won’t eat it, DON’T feed it to nobody else.”**





That is the motto he keeps foremost in his thoughts when he puts in that work.

Mr. Jenkins has over 17 years of cooking experience in I.D.O.C. working in 5 different facilities, starting many years ago in Menard C.C. Bam wasn't able to start showing off his creativity in the kitchen until he transferred to Galesburg C.C., however, even there he was still just one of 5 cooks. It wasn't until he got to Danville where he really got to hone his skillset, the Dietary Supervisors took off the training wheels there. Bam worked hard during his 9 years in Danville's kitchen and built a relationship with Supervisor Donovan; Donovan saw Bam's potential and trusted him with the responsibility to run a kitchen that fed 1600 plus individuals, he also let him show off his creativity through the facility's menu. This creativity led to the making of the "**Bam Sauce.**" The "Bam Sauce" is a special BBQ sauce that makes his fried chicken even more amazing. This sauce had the whole facility raving, even had I.A. on his bumper. Lol! Bam came up with his special sauce by playing around with other sauces and spices until it was perfected. I personally love the sauce, so I had to take my shot, I asked him, "What's your secret?" With a hard stare



and a big smile Bam replied “ I’m paroling with my secret.” Damn! I tried people, I guess the sauce will leave when he does.

Years later we found ourselves together again, this time in Kewanee LSRC and it’s beautiful to see my boy **STILL** throwing down in the kitchen. He started mixing masterpieces down here his first day out of quarantine. When asked how does Kewanee’s kitchen compare to other facility’s kitchens Bam says “ It’s the cleanest kitchen he’s ever seen and ALL the equipment works.” The stress levels of working in Kewanee are lower for Bam than working in other facilities, cooking for 250 people instead of 1600 is easy, a CAKE walk you might say. ( no pun intended ) The staff here also allow Mr. Jenkins's the ability to be creative to contribute to the making of the menu. Bam has all the support he could need: from the shift supervisors all the way to the head boss of the Dietary Department Mr. Toppert himself. Bam is extremely grateful and appreciative of the trust the staff have placed in him, that trust from

them as well as the praise he receives from other individuals only fuels his passion and hard work. Mr. Jenkins says its very humbling to hear guys he doesn't know come up to him and thank him for his Enchiladas or how fire his Cheese Cake was at lunch. The kitchen is his solace and cooking is his what brings him peace.

Mr. Jenkins has not only enjoyed his time in the kitchen, but also his whole Kewanee experience. Being in Kewanee and taking advantage of all the classes and groups has impacted him deeply. Two of Mr. Jenkins's favorite classes are Ms. Cambron's "Adult Living" and Ms. Scott's "Criminal & Addictive Thinking", both classes have opened his eyes to things he hadn't put much thought into and he believes that these classes, along with other classes he has taken, will invariably help him upon his release. Something Mr. Jenkins especially appreciates is how polite and helpful the staff here at Kewanee are. He believes the tools you'll learn here will help you transition back into society, it all depends on how hungry and serious the individual person is about being a productive member of society and never returning to prison. Speaking of transitioning, Bam is waiting on approval to an A.T.C. (adult transition center), a place he didn't want to go at first. His old way of thinking had him envisioning the worst, but through programming, his environment and talking to his loved ones he changed his view on the situation and looks at all the positives that can come from a head start at life. He's ready for the challenge of reintegrating back into society and putting everything he's learned throughout the years into practice. One good thing Bam has going is that his niece already has a cooking job lined up for him, working in a downtown restaurant. His plan is to work hard and learn everything he can about the ins and outs of the business aspect of the food industry, soaking up all the knowledge and experience he can, because the

ultimate goal is to open and run his own establishment. Bam says there isn't a backup plan, this is his passion, his dream, to cook and put smiles on his customers' faces and, of course, to make some money as well. With all the new avenues in the culinary industry such as pop-up shops, food trucks and catering businesses: how could he not succeed? He says failure isn't an option, at least not one he's willing to accept.

Most of us believe a good meal truly makes a difference, its more than just what fuels our bodies. A good meal is great for morale. Good meals are where million dollar deals are made, where people settle their differences, memories are made from Wedding proposals to Sunday dinners to Thanksgiving. Bam believes in this and that is why he offers his knowledge to other cooks and teaches them what he can to make sure when he's gone the high quality of food continues here at Kewanee. Bam doesn't worry about job security, he knows his spot is secured and has no problem in passing the torch to the next man. To all the cooks that follow he's says remember this "If YOU don't eat it, DON'T feed it to nobody else". Bam **thank you** for all the great meals and I look forward to seeing what you do next and just in case no ones told you before, you're MORE THAN A COOK.....you're a CHEF.

Written by: Jaime Hernandez KH



## PEER LED SHOWCASE

The Kewanee campus along with Kewanee Horizons wants to shine a light on the individuals that have taken it upon themselves and volunteered, not only to lead these classes, but to build the curriculum and advocate for the creation of many of the programs themselves. These men have dedicated themselves to bringing our community some amazing avenues for self-improvement. They have not only taken it upon themselves to invest the time and effort in improving their own prospects for the future, but an equal (sometimes more so) amount of time in affecting change in the future of the rest of the men who live here on campus. They serve as an example to all of us that with: effort, dedication, hard work and a generosity of spirit, great things can and do happen for us here on campus. Our hats go off to you. We hope to include more Peer Educators from other facilities throughout the state in future editions of the HORIZONS.



## ROOFING CLASS

*By: Tarrus Buggs*

Mission: For individuals to obtain their roofing license.

What to know: It is a peer led group that studies out of the Carpentry, N.R.C.A. Roofing Manual books, Illinois Residential Roofing Study Guide, and how-to videos.

What's in the works: Obtaining two curriculum from N.R.C.A., which are accredited all over the nation. It will greater our chances of employment and curve the recidivism rate.

When we work together we can achieve anything!



# BIG ROB'S ROOFING CLASS



## LESSON 1: BASIC TYPES OF PITCHED ROOFS

The design of a roof affects the appearance of a building and its construction. Roof appearance must be in harmony with the remainder of the building and the surrounding environment. Proper water drainage from rain and melting snow is an important aspect of roof design.

**BASIC ROOF TYPES:** Basic types of pitched roofs are shed, gable, and hip roofs are traditional roof designs that have proven practical over hundreds of years and are still used in all types of construction. Flat roofs are most often used for buildings of modern design.

The shed roof or lean-to, is the simplest type of roof construct as it slopes in only one direction. Shed roofs may be used as the main roof of a building, but they are more often employed for small roofs are used more often than any other type of roof.

A hip roof has four sloping sides. They are the strongest type of roof because they are braced by four hip rafters. Hip rafters run at a 45° angle from the corners of the building to the ridge. A hip roof is more difficult to construct than a gable roof.

Two other types of roofs are gambrel and mansard. Both roof types provide additional living space directly underneath. A gambrel roof is similar to a gable roof except that the gambrel roof is broken near the center of the roof, making a double slope on each side. A mansard roof is similar to a hip roof except that it has a double slope on each of its four sides.

Other roof styles, such as the butterfly, monitor and continuous –slope gable roofs are variations of the shed, gable and hip roofs. Also know the basic types can also be combined in various ways, producing intersecting roofs. An intersecting roof is formed when two roofs are combined. Among the many possible variations are the L-shaped gable and L-shaped hip intersecting roofs, and the t-shaped hip and gable intersecting roof.

Tune in next time for lesson two from “Big Rob’s roofing class”. We will talk a little about **roof layout principles**. Until then, have an amazing and blessed month.

Thank you, Big Rob





## The Market Corner: The ticker, sectors & ETF's



MR, Robert Kennedy

When you turn on CNBC, you'll probably notice a lot of data moving from right to left at the bottom of the screen, commonly known as the "ticker." There's quite a bit of information to process on the ticker. All types of data is whizzing by with numbers, symbols and arrows pointing in different directions, with still even more numbers to follow. Let's try to make some sense of all this busy activity going on down there!

First, you'll see the company's name or possibly a shortened version of it. Then you'll find the company's trading "symbol," usually ranging from one to four capital letters in parenthesis directly after the company's name. Next, you'll see the dollar amount the company's stock last traded at, followed by either a green arrow pointing upward or a red arrow pointing downward, indicating which direction the company's stock has moved. Finally, you'll see a dollar amount the stock has gained or loss since the closing price from the last trading session. The line on the ticker will look something like this:

**Microsoft (MSFT) 285.57 ^ 1.32**

  
Company Name

  
Symbol

  
last Price Traded

  
Direction of Stock

  
Change in Price Since Previous Close

The ticker reflects trades occurring live, right in front of your eyes, all day, constantly changing. Each time you see a company's stock go by, its price has most likely changed due to investors and traders buying and selling stocks. You're getting a first hand look at the market busy at work, deciding the value of a stock's price in this current day's trading session. This process occurs Monday through Friday, 52 weeks a year.

A sector is a special category a specific company's business fits into. The S&P 500 has 11 individual sectors, which all 500 companies fit into. Listed below are all 11 sectors, followed by the ticker symbol it trades under, along with a few examples of companies which belong in each sector.

**Communication Services (XLC):** Alphabet Class A (GOOGL), Meta Platforms (META), AT&T (T)

**Consumer Discretionary (XLY):** Amazon (AMZN), Walmart (WMT), Ford (F)

**Consumer Staples (XLP):** Campbell Soup (CPB), Coca-Cola (KO), Kraft-Heinz (KHC)

**Energy (XLE):** Exxon Mobil (XOM), Chevron (CVX), Marathon Petroleum (MPC)

**Financials (XLF):** Bank of America (BAC), American Express (AMX), JP Morgan Chase (JPM)

**Healthcare (XLV):** Humana (HUM), Johnson & Johnson (JNJ), Pfizer (PFE)

**Industrials (XLI):** 3M (MMM), Caterpillar (CAT), John Deere (DE)

**Information Technology (XLK):** Apple (AAPL), Microsoft (MSFT), Nvidia (NVDA)

**Materials (XLB) :** Sherwin-Williams (SHW), Dow Inc. (DOW), Nucor Corp. (NUE)

**Real Estate (XLRE):** Simon Property Group (SPG), Realty Income Corp. (O),  
Boston Properties (BXP)

**Utilities (XLU):** Alliant Energy Corp. (LNT), American Electric Power (AEP), American Water Works (AWK)

You can buy shares in any one of over 10,000 company's in the US Stock Market. However, you can also buy a "basket" of stocks for any of the 11 sectors of the S&P 500, the entire S&P 500, Dow Jones Industrial Average or the Nasdaq Composite. These baskets of stocks are called Exchange Traded Funds or ETF's for short.

When you purchase an ETF, you're buying a single share of stock containing any sector you want or any index you'd like to own, yet it trades just like a single share of stock. If you wanted to own every stock in the S&P 500, you would have to buy 500 individual stocks. This will be very expensive, not to mention troublesome to keep track of. However, if you bought an ETF for the S&P 500, such as the SPDR S&P 500 ETF, ticker symbol (SPY), for one price, you will own a small percentage of all 500 companies in the S&P 500 that actually trades as single stock. There are plenty of ETF's for the major indexes such as the Invesco QQQ Trust (QQQ) for the Nasdaq Composite and the SPDR Dow 30 ETF (DIA), for the Dow Jones Industrial Average.

There are also hundreds of other ETF's for many companies in the market to choose from. You must simply do your homework to find out what's out there.

# 2022 GLOBAL LEADERSHIP SUMMIT



We were fortunate enough to have been able to participate in a live stream event called the GLOBAL LEADERSHIP SUMMIT here on the Kewanee campus. It was a two day event, August 4th and 5th. The first day started at 9am and ended at 5pm. There were scheduled breaks and lunch throughout the day. Day two was from 9am-3pm. There were several excellent speakers including Craig Groeschel, Vanessa Van Edwards, Sahar Hashemi, Johnny C. Taylor Jr., Deb Liu,

Dr. Heidi Grant, Judah Smith, Lynsi Snyder, Stephanie Chung, Bob Iger Andy Stanley. With an inspiring musical performance by the deaf artist Mandy Harvey, as well as a performance by the country artist Sara Evans.

They discussed a variety of aspects from all different points of views that make for a good and solid leader. Some of the topics included; leadership qualities such as being confident, humble, focused and optimistic. The scientific study of the brain patterns of leaders was discussed as well. With all of the speakers going into deep detail with each presentation, with each presentation lasting about a half an hour for each speaker.



A majority of the presentations had a faith based element, but were geared toward every walk of faith. This was a live streamed event that was viewed by millions of people from all over the world. It was live streamed in over 200 prisons all over the country as well. We had our viewing in our west gym where we have a huge projector screen and a professional sound system.

If you were fortunate enough to have been able to watch this presentation in your facility, please let us know how the event went for you guys! For those of you who were not able to watch this event, you should try to find out who you need to get in contact with at your facility to set up one of these events for future viewing there. It was a really great experience that everyone in every institution should be afforded the opportunity to attend. Although it was called the Global Leadership Summit, the information provided will of course make you a better leader, but it will help you to just be a better leader of yourself as well.

## KEWANEE MENTAL HEALTH

Here is another grounding technique exercise to try. Grounding techniques can help control the uncomfortable symptoms that are normal to experience after trauma. These symptoms can include: flashbacks, anxiety, or other physiological activities. This exercise is called the Categories exercise.

Choose at least three of the categories listed below and name as many items as you can in each category. Spend a few minutes on each category. Try to stay focused on the activity, if you notice your thoughts wandering to something else, take a breath and refocus.

- Movies
- Sports Teams
- Animals
- Countries
- Colors
- Cities
- Books
- Cars
- TV Shows
- Cereals
- Fruits and Veggies
- Famous People

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits and veggies category, say “apple, banana, carrot,” and so on...

## 4TH OF JULY KICKBALL TOURNAMENT

Sponsored by LTS Supervisor Louck, Major Jones & Mr. B Jones. Special thanks to Ms. Wisniewski for her dedicated support and generosity to donate the game ball.



On the 4th of July we took it back to our childhood days, and had a ton of fun playing a single elimination tournament amongst the wings. In the championship nail biter, 4B beat 4A in extra innings, 7-6 to take home the gold!!

# CHAMPS!



## *The KH Kitchen*



One of the things we all look forward to most are the meals we cook and eat together with the food we are fortunate enough to purchase on commissary. This is a place to share some of our favorite recipes.

### Recipe for **HOT** POCKETS

By: Andrew Proctor

#### Ingredients:

- 1 Summer Sausage
- 1 Shredded Pork, Chicken, or Beef
- 1 Mozzarella Cheese Block
- 1 pepperoni
- 1 Cup Cheese
- 1 Meatball or 10 packs BBQ Sauce
- 2 Tortilla Shells
- 2 Teaspoons Garlic Powder
- 1 Tablespoon Onion Powder





## Preparation:

**Step 1: Cut up sausage into small cubes, mix with smashed meatballs and 5 packs BBQ sauce, garlic, and minced onion. Cook in microwave for 5 min or put in bag and heat in hot pot for 30-45 minutes.**

**Step 2: Cube mozzarella cheese and mix with meat pack and 1 teaspoon garlic powder. Cook in microwave for 3 minutes or heat in hot pot.**

**Step 3: Spread 1 large spoon of cup cheese on a tortilla shell and place tortilla shell cheese side up in a bowl then layer half of sausage/meatball mix followed by the pork/mozzarella mix followed by remainder of sausage/meatball mix.**

**Step 4: Take the remaining tortilla shell and spread cup cheese in the center of the shell. Place shell on top of the bowl, cheese side down, and press it down around the filling until it seals with the bottom shell.**

**Step 5: Heat in microwave for 6 minutes or on top of hot pot for 45 minutes. Remove from bowl and enjoy!**



## HOROSCOPES



**ARIES:** The final month of summer asks you to indulge—don't turn August down, Aries! All work and no play has made you touchy and irritable. Remedy that now.

TRANSLATION: **Treat yo self!!!**



**TAURUS:** Offering a place in your home for someone close seems like a good idea, Taurus. It's also a good idea to lay out clear expectations. An ounce of prevention, as they say.

TRANSLATION: **Give your new celly a break bro, it could be worse!**



**GEMINI:** Someone asks you to communicate for them, Gemini, and you're more than pleased to be this person's voice. You'll find a new ally by providing this very easy service.

TRANSLATION: **Put your homie in the car with your girl's friend!**



**CANCER:** You are looking to increase your sense of well-being, Cancer. Part of doing so means challenging those negative voices in your mind. Self-esteem is a work in progress, not a state.

TRANSLATION: **You look fine bro put your shirt on and get out of the mirror!**



**VIRGO:** Providing all the answers for someone is not working out, Virgo. Instead, you've created more work for yourself. If you disengage, they will swim on their own.

TRANSLATION: **Stop selling your Blackstone answers!**



**LIBRA:** You're always down for socializing, Libra, but this time you're in it for a purpose. You will need to grow your connections quickly in order to reach a new goal.

TRANSLATION: **Put that All-Star Basketball squad together! Don't bring that baby game to our yard!**



**SCORPIO:** If you're honest about what you can and can't handle, Scorpio, others will believe you. Every now and then you can say "no" to more work and responsibilities.

TRANSLATION: **You know you don't know how to do that! Just keep it real...**



**SAGITTARIUS:** You may not be reaching the milestones you'd hoped to by now, Sagittarius. Reevaluate and change course—it's not too late to make big gains.

TRANSLATION: **Hittin' 315 by the end of the summer ain't gonna happen! Let's be real... try the 185 again.**



**AQUARIUS:** A relationship seems like it's on a roller coaster right now, Aquarius. Look at your part in the back-and-forth. There's some room for improvement in your communication method.

TRANSLATION: **The whole deck be hearin' you yell at your girl on the phone....**



**PISCES:** You could decide to commit to your health and well-being, Pisces—and this doesn't mean veggies and workouts. Some toxic people in your circle may need the boot.

TRANSLATION: **Your boy's a hater and he's draggin' you down!**



**LEO:** If you've been wanting to make a change, Leo—now is the time! You have the full weight of the universe supporting your hopes and ambitions, so there's no excuse not to try. Your social circle will provide tangible support, because they will benefit when you succeed, too. Wins all around!

TRANSLATION: **Put in for that transfer to Kewanee!**



**CAPRICORN:** A deal could seem too good to be true, Capricorn, but you're a skeptical sort. Maybe it's on the up-and-up. Ask someone you to trust to run the numbers, and follow their advice.

TRANSLATION: **That bag of chips ain't worth the \$10 you bout to pay!**

**WHAT DO YOU MEAN YARD'S CANCELLED?**





**BRO! I HAD TWO SOCKS IN MY BAG BRO!**



## Celebrity Birthdays

August 20, 1931 - Don King, boxing promoter

August 21, 1936 - Wilt Chamberlain, NBA basketball player

August 22, 1964 - Tori Amos, singer, musician

August 23, 1754 - King Louis XVI, king during the French Revolution

August 24, 1958 - Steve Guttenberg, actor

August 25, 1930 - Sean Connery, actor , "James Bond"

August 26, 1970 - Melissa McCarthy, American actress

August 27, 1910 - Mother Teresa, nun



## TRIVIA



Answers to last weeks trivia questions:

1. Lady Gaga 2. Angel Falls, Venezuela 3. Berlin 4. Frankie 5. The Skin 6. Giraffe  
7. Three 8. A Billion Years

1. Which animal has the largest eye in the world?
2. Who was the first-ever NBA player to score 2,000 points in a single season?
3. What was the first state?
4. What language has the most words?
5. What's the most expensive home in the world?
6. How many total minutes of action are there in an average baseball game?
7. Name the world's biggest island
8. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?





# STATE WIDE REQUEST FOR UPDATES

Kewanee Horizons' guiding principles include Restorative Justice practices with an emphasis on community building. We remembered how important the Statewide Informer was to us during some of the darker stretches of the on-going COVID lockdowns around the IDOC and we wanted to create something like that. We really wanted to make our own thing though, based on what drives us, something we could be passionate about ourselves, namely **community**. Our unique community of the incarcerated men and women of the IDOC. Our thought is to try and encourage each other through highlighting some of the most positive achievements of members of our community. In this issue you will see our efforts in that direction, however, what is missing are the updates from all of the things that our fellow brothers and sisters around the state are doing! We want to give a huge shout out in recognition to the amazing achievement to the Master's Degree recipients from Stateville! You are awesome! You are an inspiration to so many of us. (If you haven't read the pieces written on the Feather Bricks document you are tripping! It is really good, get to it.) So, we are pretty sure you can guess where this is going... send us your updates! Let us know about the things you or others are doing in your facility.

We are working out a way for these submissions to be submitted to us here at Kewanee so that we can put them together and show the immense talents and drive that our community has. The ability to see each other's accomplishments can only serve to inspire each other to reach for more. At least that is the belief that we have. And so, we are asking for you to let us know what's up. Of course there are guidelines that will have to be followed, for example the first thing we'd ask to hear about are any graduations or certificates earned or anything in that space. We welcome all submissions and we reserve the right to edit for clarity, grammar, spelling etc. the main idea though is to be able to put your work on the tablets and kiosks to share with the rest of the community at large here.

Danville, Taylorville, Centralia, Big Muddy, Dixon, Stateville, Sheridan, East Moline, Illinois River, Jacksonville, Graham, Menard, Pinckneyville, Shawnee, Mount Sterling, Vienna, Robinson, Lawrence, Pontiac, Hill, Lincoln, Southwestern, Vandalia, Logan, Decatur, Murphysboro...

This is a call to you, think about some things you could write about. We want to here from you, all across the state, we know you are trying to do some amazing things and any successes you achieve need to be highlighted!

## A THANK YOU TO OUR CONTRIBUTORS...

As anyone might expect there are many moving parts to creating even one issue of this thing we call Kewanee Horizons. Some of the things that are necessary to make it happen can slip by even the guys who work on it all day, every day. As we said last issue, we'd like to thank everyone who supports K.H. They really do go above and beyond. We gave a list last time and I know there are people who help us that we don't even realize what their help is, how we received it, or the effects it has on K.H. The only way to say how much we appreciate their support is to put it here on the page. We believe in what we are doing to try and highlight our community's achievements and successes whenever we can, to try and uplift and inspire each other. We are inspired by the things we see everyday, we inherently understand that we are in a position to be able to reach out and speak to you and we take that seriously. We also know that there are more than just those of us in Kewanee reading this and we take that seriously. We have been to the places you may be in now and we have tried to take on the responsibility to show what our community can do if given an opportunity. There are people who also believe in that who may not be in a position to have their names put up here. We thank them as loudly as we possibly can!

As far as those names we do know... Mr. Warnsing, Ms. Cambron, Ms. Coulter, Ms. Trigg, Ms. Scott, Mr. Afolabi, Mr. Price, Ms. Wisniewski, Warden Jackson, and AWO Carothers...

And especially all the writers.

THANK YOU