

KEWANEE HORIZONS VOLUME THIRTY TWO



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RESTORATIVE JUSTICE

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

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

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

Community: A group of people with a common characteristic
Or interest living together with in a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

GRADUATES

The following pages have some pictures of some people we are very proud to showcase for their achievements. We all know how difficult incarceration is, and we are all well aware of how difficult it can be to use your few opportunities.



Salvador Ponce
Jobs Partnership



Samuel Coggs
Forklift Certification



Lance Sims
Forklift Certification



Joshua Boxdorfer
G.E.D.



Eric Henderson
Forklift Certification



Dan Woloson
CAT Simulator
Forklift Certification



Shondell Walker
Forklift Certification



Tyrone Jones
CAT Simulator
Forklift Certification



Christopher Walker
Forklift Certification



Lance Taylor
Custodial Maintenance



Guillermo Ibarra
G.E.D.



Christopher Wright-EI
Forklift Certification



Sidney Price
Super Star



Bobby Crawford
Forklift Certification

LOL LAUGHING OUT LOUD SIDEWALK ETIQUETTE WITH DAN CUMMINS

DAN LIVE ON STAGE:

Dan looks out to the mixed audience before him; all their eyes are fixed upon him.

“I was thinking: ‘Why do I hate people so much?’ and ironically it’s because I was raised with decency, manners and respect. But I’m forced to live in a world where people don’t care about stuff like that. I wake up in a good mood because I’m not around strangers and I continue to be in a good mood right up until I leave my place and walk out into the world, aka the human dickhead parade, and I start to get a little angry,....start to get a little irritated,.... people’s lack of manners.” The audience warms to him, giggles and laughs are heard.

“Let’s talk about it a little bit, let’s talk about sidewalk etiquette, for starters. What’s going on on the sidewalk out there? I’ll tell you exactly what’s going on,.... Anarchy. And I don’t care for it. People act like there’s no rules on the sidewalk. There is and it’s a very simple rule: you get the right



half. Alright, that's how it works. The sidewalk mirrors the road. You get the right half, people comin' toward you get their right half, and it works out. Maybe if you're in Europe you get the left half. I don't know and I don't care, so you put your Euro-trash a** on the right side of the sidewalk, and you respect our culture." The audience hoots, whistles, and claps happily in agreement.



"But maybe you're in a romantic situation and you're taking up the whole sidewalk, you're holdin' hands, that's adorable. Alright, take the whole thing, make it yours. Until... you see an innocent person comin' towards you. Another pedestrian trying to live their life. Alright, that's when you should have the decency to single-file it, know whose front, know whose back, have a plan, act on it. What you don't do is form a wall of narcissism,... lock hands like you're trying to defend your tag-team championship belt, and push people into the street like a savage.

"That's why I work out, moments like that. I'm not a huge guy. I don't even know how to fight. But I feel just big enough to stand my ground now in moments like that. Fifty pounds ago I'd let those people just push me into the street and just be like, 'nah—woulda, coulda, shoulda, pe-ehh,'" mockingly walking with his head down.

"Be irritated the rest of the day. Now I stand my ground. I'm not gonna move for my half, it's my half and I'm gonna keep it.

"And the person comin' towards me in my half, not in their half, they don't know it but their playing a little game of sidewalk chicken. And I have a distinct advantage because



I'm the only one who knows we're playin'. Alright, they're relaxed, they're lollygagging all loose in the shoulder. I'm f***ing tight in the shoulder," pointing to his left shoulder with purpose. "My hips are tucked, my core is engaged, I'm braced for impact! I march forward, sometimes I walk into them, sometimes I stumble 'em. One time I knocked some guy to the ground and it felt pretty good, I'm not gonna lie to you." He looks down at his imaginary victim, "Take your time getting up there chief, think about some decency, some manners while you're down there, think about etiquette." He returns his gaze to the audience before him. "I could turn this whole show into a hate-speech about manners.



"The only other one I want to talk about tonight is door etiquette. Alright, doesn't it drive you crazy? It's so easy to fix. Here's how it works: someone opens a door for you, you say two words. You say 'thank you'. And you say it every single time. Alright, it makes this planet a lot more bearable to be on. I don't care if the person holdin' the door for you because they have to, because they work there, say 'thank you'. I don't care if you're on the phone, tilt your phone, say 'thank you'. I don't care if it's the person we all hate, all of us hate, that person who holds the door for you, no exaggeration, a good twenty to thirty yards before you're ready to go through that door. Now you suddenly feel peer-pressured into a strange workout you never wanted to be a part of. You find yourself kinda jogging to a door you were very comfortable walking towards. I don't like that, alright. I got tight hips, now their chaffed, now I'm sweaty, I'm outta of



breath. That guy's an idiot but I say 'thank you', because he's a polite idiot and I respect that.

"I used to not do anything when people didn't say 'thank you'. Now I do something, I can't recommend this enough; it feels so good to give a little bit back. When someone doesn't say 'thank you', here's what you do: you say a very angry 'you're welcome'. Just: 'YOU'RE WELCOME,'" he states starring into the audience with crazy-looking eyes, "...and you stare at them just like that. And it feels so good 'cause technically you're not doin' anything wrong, you're saying nice words—a little too loud—but nice words. What feels good about it is even though you're sayin' the words 'you're welcome', that's not the two words their hearing. Comes out of your mouth: 'YOU'RE WELCOME'—received by them: 'F*** YOU.' The crowd erupts into applause. "Alright, you're making the world a better place."

When we can all laugh with each other,
we can better treat each other.

Transcribed and adapted from "The Real Reason Dan Cummins
Avoids People."



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.

WALK A LITTLE PLAINER

By: Tiiyon T. Byrd

“Walk a little plainer, Daddy”, Said a little boy so frail, “I’m following in your footsteps and I don’t want to fail.” Sometimes your steps are very plain, sometimes they’re hard to see; So walk a little plainer, Daddy, For you are leading me. I know that once you walked this way Many years ago. And what you did along the way I’d really like to know. For sometimes when I am tempted, I don’t know what to do. So walk a little plainer, Daddy, For I must follow you. Someday when I’m grown up You’re like I want to be. Then I will have a little boy Who will want to follow me. And I would want to lead him right and help him to be true, So walk a little plainer, Daddy, For we must follow you.

-Christy Hollis



That picture of my little Prince with the poem written over it is something that I literally spent countless hours of my life looking at, and repeating over and over again. The first time that I heard that poem was on an episode of Lockup that used to come on MSNBC. On that particular episode there was a father that dropped a few tears because he felt as though he had failed his son for not being there for **him as he should've been.**



Watching that episode and hearing that poem was something that has stuck with me for a very long time, and it's something that I will never forget. I've been away from my little Prince for the last 13 years, since he was 2 weeks old. My biggest fear while doing this time has always been about how he's going to grow up feeling about me, and how much damage I've caused by not being there for him. I've always done my best to stay in contact with him throughout all these years, but some of those times were very difficult because there was zero communication. Those of us that are incarcerated parents, it's sometimes hard to understand and accept the fact that life does indeed go on without us, and people on the other side of the fence have a life to live.

That was something that I've struggled with more than anyone has ever known, accepting the fact that life goes on without me. I've gone through all of the many different stages when it comes to my Son that most incarcerated parents experience. One of the things that hurt me beyond belief was hearing my Son say that he has more than one Dad. Hearing those words hurt because for me, I am his Dad, his one and only. Being that he is my only child, not only have I never dealt with a situation like that, but I also had to deal with the battles of being incarcerated at the same time. No matter what took place between the times that I wasn't able to communicate with him, I never stopped trying to do everything in my power to let him know

that I was here for him, that I love him, and that he was my world. I can't blame anything on anyone in regards to why things are, or why they were, during my incarceration, because I should've never been here to begin with. That poem, and seeing my baby boy looking back at me every single day, is something that I used for motivation to do everything under the sun to get home to him as soon as possible.



No one is perfect of course, and despite how much we try to stay focused, we all sometimes slip up. During my incarceration, I've definitely had my fair share of slip ups, and at the end of the day, they've all been learning experiences. Each and every time I slipped up, being disappointed in myself is what showed me that I was indeed growing into a man, and that I was no longer that 18 year old boy that began doing all this time. Music is what I use to escape, and while listening to music I'd sometimes imagine my Son and I just driving around, listening to music, or just enjoying spending time together. Being in these cells gives you nothing but time to think and reflect. The most important thing in the world to me is what my Son thinks of his Father.

I know that for some of us, it's nearly impossible to be able to reach out and communicate with our kids due to certain circumstances, and trust me when I tell you that I feel your pain and I wish there was something that I could change that. The biggest thing about situations like that is that us "incarcerated parents" aren't the only ones suffering from that, our kids are the ones that suffer the most. One thing that I can definitely say is that it's important to stay positive and be consistent. I haven't physically seen my Son since March 2018, and prior to that, there was always 2-3 years in between that I was able to see him.

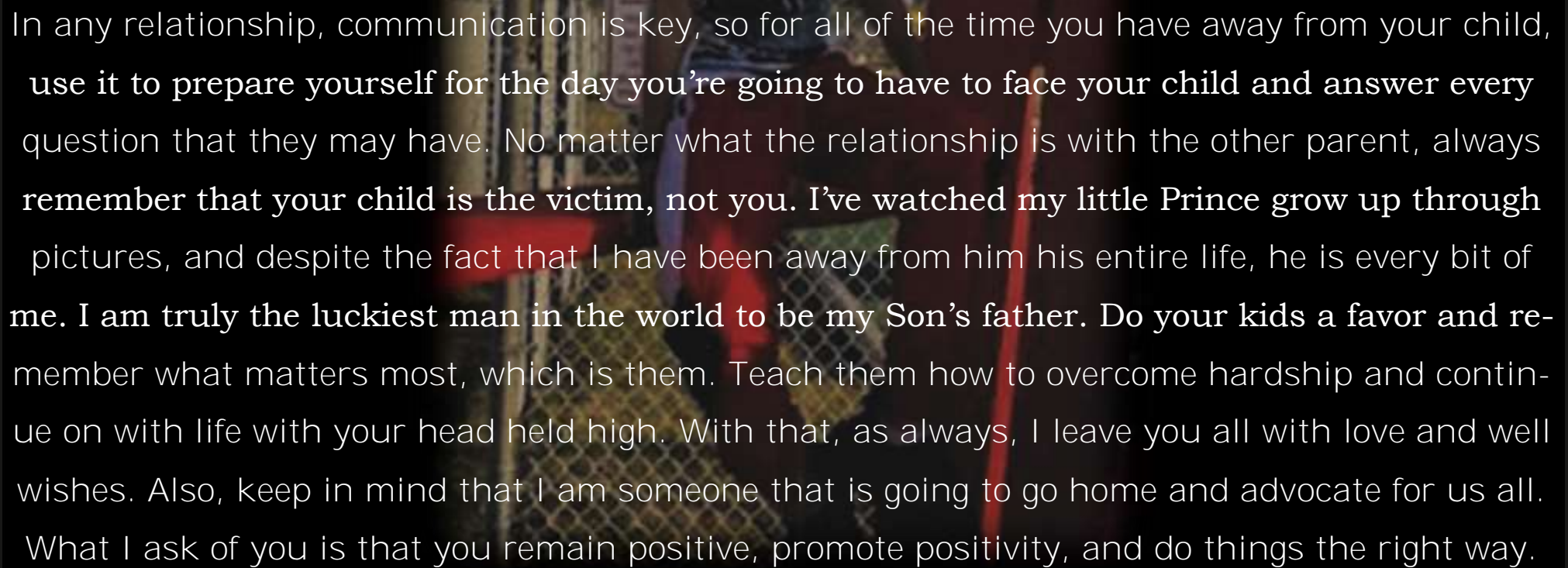
I know there are many incarcerated parents that haven't had the chance to see their kids at all, and I know it sucks, but what matters most is that we remain strong, stay focused, and do everything that we can to better ourselves so that when we are released, we can provide a good life for our kids. I don't care if you're the world's crappiest artist, doing simple things such as drawing your kids pictures is something that is priceless, and something that I guarantee you they will forever cherish. Even if you don't have a way of getting the drawings to them, date them and keep them so that you can give them to your kids yourself one day.

I've said this countless times already, even writing a personal kids' book with you and your kids being the only characters, things like that would mean the world to them. The most important thing is for them to know that you love them and that you're always thinking of them. For you, when you have your kids in the forefront of your mind with everything you do, how can you not have all the motivation in the world? Without a doubt, there will be some kids that resent their parents, be angry, and all kinds of things. That simply means that they're hurt, and the best way to go about fixing that hurt is letting them speak their piece and never being argumentative or defensive.



You have to remember that this is your kid, and you've hurt them by not being there for them, and it doesn't matter how or why you got locked up, point is, it's not your kids fault. I've had the luxury of being able to build a relationship with my Son now that is beyond what I had imagined it to be years ago. For the longest time I anticipated being released and having to start from scratch with my Son. Fortunately, he and I have a wonderful relationship. I allow him to be himself with me and I never try to be that parent that spends any amount of time making my child feel like he's just a child. He is his own person, with his own feelings, thoughts, dreams, and imagination.

I, of course, try my hardest to encourage him to play sports and get involved in outside activities, but this new generation seems to be nothing but obsessed with electronics. What I want every incarcerated parent to know is that you aren't alone when it comes to dealing with the difficulties of trying to be a parent while incarcerated. I've dealt with depression and every other emotion you can imagine when it comes to not being able to communicate with my Son. At the end of the day, it's our duty as their parent to use this time to take advantage of every opportunity to work on ourselves and make sure that when we are united with our kids, there's nothing in the world that could ever take us away from them again. Please, I beg all of you to let go of any bitterness and ill feelings in regards to the situation you may have to deal with when it comes to your kids.



In any relationship, communication is key, so for all of the time you have away from your child, use it to prepare yourself for the day you're going to have to face your child and answer every question that they may have. No matter what the relationship is with the other parent, always remember that your child is the victim, not you. I've watched my little Prince grow up through pictures, and despite the fact that I have been away from him his entire life, he is every bit of me. I am truly the luckiest man in the world to be my Son's father. Do your kids a favor and remember what matters most, which is them. Teach them how to overcome hardship and continue on with life with your head held high. With that, as always, I leave you all with love and well wishes. Also, keep in mind that I am someone that is going to go home and advocate for us all. What I ask of you is that you remain positive, promote positivity, and do things the right way.

CARDS: CREDIT VS DEBIT

When it comes to credit cards and debit cards, there are a lot of differences (see table on next page) between the two. In my personal opinion, the biggest difference is that a credit card reports to credit bureaus (Equifax, Experian, and TransUnion) while a debit card does not.

Every time you use your credit card, it's like taking out a loan, regardless of how small the purchase. This is because you are using the credit card company's money with the promise of repaying that amount before that particular billing cycle ends. If for some reason you do not repay this money on time, then the predetermined interest rate will be applied to the outstanding balance. Thus, making the amount you owe larger and damaging your credit score at the same time.

On the other hand, whenever you use your debit card, it's like spending cash. The reason for this comparison is because you are using your own money for this purchase. This money that you've used is taken out of your checking account within a short amount of time. Although some banks allow you to overdraft your account for a specific amount of money, all of them don't. Be knowledgeable of your bank's rules regarding overdrafting due to the penalties that may be applied.

Disclaimer:

Kewanee Horizons is NOT a financial institution, we also are NOT a financial advisory board. The information provided by our publication is general knowledge, NOT advice, use this information as a teaching tool, NOT as a blueprint. This information has been acquired from the following:

1. Personal experience. Although these are our experiences, yours may be entirely different. AND
2. Information gathered from other sources. These sources may include but are not limited to books, magazines, handouts, etc.

	Credit Cards	Debit Cards
Payments	Buy now, pay later.	Buy now, pay now.
Interest Charges	Yes if you carry a balance or if your card offers no “grace period.”	No.
Other Potential Benefits	<ul style="list-style-type: none"> • Freebies, such as cash rebates and bonus points good for travel deals. • Some purchase protections...easier for you to dispute charges for problematic merchandise through the issuing bank. • If you pay your bill in full and on time each month, your card gives you free use of the money you owe until it's time to pay the bill. 	<ul style="list-style-type: none"> • Easier and faster than writing a check. More cards now offering freebies. • Some purchase protections. • Most banks allow you to dispute charges for up to 60 days after the purchase and will credit the disputed amount in your account pending resolution.
Other Potential Concerns	Fees and penalties. Remember, not all cards offer grace periods (time to repay without incurring interest). Overspending can cause debt problems.	<ul style="list-style-type: none"> • Fees on certain transactions. • You may overdraw your account if you are lax about recording debit card transactions. • Takes money out of your checking account almost immediately. • Most cards offer a much shorter window, typically less than one week, for making disputes.

SCAR

Hello Kewanee Horizons! My name is Yuliya Kuznets (Orangie is my nickname here, and that is what I go by) I recently wrote a poem about comradery and dedicated to send you a copy. **It is going to be 5 years in July since I got locked up, and in prison. I've learned what its like to have true comrades.** The name of my poem in SCAR.

SCAR

Drugs, crime
And here I am
Phrase beats in my heart
Together we stand
Forgotten by world
And hammered by law
Without having comrades
We stumble and fall
I fell on my face
It's so hard to get up
Barbed wires
Are telling me



YULIYA KUZNETS

I must not give up
The same broken record
Is playing again
The same every year
And same everyday
I brought myself here
Bag packed with mistakes
And lives that I ruined
I will never forget
Forget not.
But how can
Forgive I myself?
I try, and I know

I deserve this grim fate
I'm walking outside
But the air is not free
And sometimes I feel
I can no longer breathe
The spirit like here
I've not felt before
I hope people answer
My lonely phone calls
We are people
Just like everyone else
It's peaceful to look
At your smiling face
Encouragement friend
Goes a very long way
We must help each other
In all that we can
We must boost each other
And not fall apart
This room is full of people
So beautifully smart

So comrades,
We will
Walk this journey
With love
And freedom
Will land
On our shoulder
Like dove
Let's live
Through each day
Like it is our last
Our dreams will
Come true
Like a gorgeous sunset!
Each day is a struggle
So close and so far
We are running the race
Finish line is not far!

ORANGIE

“You have power over your mind – not outside events. Realize this, and you will find strength.” —
Marcus Aurelius



KITCHEN



DJ's BBQ SAUCE BY: MILTON JONES

To all IDOC Dietary Cooks, I'm extremely happy to have an opportunity to share one of my DJ's BBQ Sauce that individuals love. There is no shortcut to cooking, this recipe will not work for you. Good Luck!

1 Gallon Orange or Apple Juice

12 10# Cans Ketchup

5 lbs Brown Sugar

2 Cups Garlic Powder

2 Cups Black Pepper

Combine juice, hot sauce, cumin, garlic, black pepper, chili powder, and mustard to the kettle, stirring well until seasoning dissolves.

Add ketchup and brown sugar and bring to a boil. Cook around 15-20 minutes. Serves 500.

1/2 Gallon IDOC Hot Sauce

4 Cups Mustard

1 Cup Cumin

2 Cups Chili Powder





DJ's CHILI DOGS



BY: MILTON JONES

To all the Hot Pot Lovers, try my DJ's Chili Dogs made with Commissary ingredients.

- | | |
|-----------------------------------|------------------|
| 1 Summer Dog, cut down the middle | 1 Chili Pack |
| 1 Meat Pack (Pork, Beef, Chicken) | 1 Cup Cheese |
| 6 Shells | 1/2 Cup Rice |
| 1 Pack Sazon Seasoning | 1 Pickle (diced) |
| 1 Tsp Garlic | 1 Tsp Water |

- 1) Pour meat pack and slice summer dog in hot pot with Sazon. Let set until flavors form together.
- 2) Set summer dogs aside, drain water and add meat pack to cooked rice.
- 3) Use cheese to paste 3 shells to form 1 big shell. Place meat mixture into shell with 1/2 summer dog.
- 4) Add 1 sugar twin to chili and pour on top of summer dog. Then wrap shell. Place wrap inside of a chip bag, set in hot pot until warm.
- 5) Pour cheese in bowl and beat until soft. Add garlic, water, and a little pickle juice.
- 6) Cut wrap down the middle, pour cheese sauce on top and add diced pickles.

SERVES TWO



QUESADILLAS

BY: BRIAN LEHNERT



Non pork

3 Tortillas

1 Shredded Beef

1 Chicken

1 Summer Dog

1 Cup Cheese

1 Cheese Block

1 Cheese Block

1 Jalapenos pack

Pork

3 Tortillas

1 Carnitas

1 Chicken

1 Summer Dog

1 Cup cheese

1 Cheese Block

1 Jalapenos pack

1 Pepperoni

1) On an open bag place one tortilla, spread cheese all on the shell. Cut summer dog into slim circles, and place all over the shell. Spread out evenly. On top of that add chicken.

2) Shred up the cheese block.

3) Put ½ of the cheese on top of the chicken.

4) Place a new tortilla on top of that and press down. Put spread cheese on top of that shell creating the second layer.

(Non Pork) Evenly spread out shredded beef all over. Add the other half of the cheese block all on top of that. Then the Jalapenos.

(Pork) Evenly spread out pepperoni all over the top of that shell, then the carnitas all on top of that as well. Then the rest of the cheese and jalapenos.

5) Finally, take another shell, and spread cheese all over one side, and place face down on top of the food, press down. Wrap it up tight in the bag. You can eat it like that, or microwave it. However you want to cook it, it's on you.

Remember – you can put any meat in there you want, just layer it. Use pickle if you want, chili, refried beans, Any ingredients you want, I just kept it simple here.

For added effect – on the top (Last tortilla) spread butter, sprinkle garlic powder, onion flakes, and Italian seasoning.

Cut into 4 pieces. ENJOY.

I AM A COOKING
MACHINE



AMAZING NIGHT OF PRAISE AND WORSHIP

BY: RONNIE CARRASQUILLO

Psalms 150:6 says: "Let every thing that has breath praise the Lord. That is exactly what happened here at the Kewanee Community Church in KLSRC on February 27, 2023.

Kewanee's Community received a gift by way of presence; an in person visit from Members of the Hill Church of Kewanee. More than a dozen members came to fellowship through Praise & Worship, along with Ministering; sharing with all of us a night to remember.



Kewanee's Church, Band & Singers, lead off the music to begin the night. We were then afforded the blessing of listening and engaging in songs with the Hill Church, Band & Choir. Chaplain York then offered the night's Sermon.

Together, as the body of Christ, we fulfilled the scripture that says: "Make a joyful noise unto the Lord, all the earth: make a loud noise, and rejoice, and sing." Thanks to Chaplain York, who made the Praise & Worship night possible; we sure did make a joyful noise!

We thank the following people for sharing their Love, Compassion and Time with us:

Lois Hepner

Bennett Riber

Jeff Hepner

Lance Hampton

Michelle Gillespie

Steve Franklin

Paul Porter

Mike Wexell

Richard "Red" Bilbruck

Joyce Anderson

Alyssa Goman

Lyndon Hartz

Jennifer Clague

Speaking to multiple guests during and after the service - asking them about the experience; the answer was echoed the same of them, saying they'll be back.

In speaking to Kewanee Church Member Mr. Cassidy L. Winston; he stated: "I just want to share something I experienced on February 27th; as I watched three Communities [Churches] come together and



provide an uplifting spiritual service program at KLSRC.

Covid 19 has played a major part in keeping people separated; divided, closed-in, or locked out. So, the "Joint Venture" of two churches, and Kewanee's Community Church, their Choir & Bands, made up of God fearing Men & Women, were assembled [forgive me Bears fans] by a "Green Bay Packers" die heart fan; that hurts coming from a Bears Fan.

Yet anyway, the Joint Venture was spirit felt and pure hearted in showing how powerful neighbors could be together. I have not been in a gathering in this way in years.

The Hill Church Praise & Worship Team not only impacted our Community here at Kewanee, but Kewanee's impact was just as strong to show how - if we loosen our fist (Self limited beliefs) and come with an authentic open hand, "That is Meaningful Impact." We need much more of this spiritual uplifting activity."

AMEN

Tyrone Delaney said - "Each of us deserve a day away - in which no problems are confronted, no solution searched for, and on February 27th, that's exactly what happened, for many people expressed such joy, -jubilation after attending Hill Church Worship & Band Service, where they performed side by side with Kewanee Community Church and their Worship Band. I wasn't in attendance, but wish I was; for the energy surrounding this event have been massive and I pray their immediate return.

Thank you for blessing this Community with your presence.





WORD FROM THE STREET

BY: TAYROD FIELDS @ PEORIA ATC

Gooood Morninggg Kewanee!!!

It has officially been 2 weeks since I left K.L.S.R.C. My next chapter has landed me here at Peoria ATC. I have already started working and it seems that things are going well for me as I get adjusted to this new life. I must admit that being gone for 5 years I thought it would be easier

for me to adjust back to society but I have had some overwhelming situations. However, for those who know me I chose to persevere through this. I just began telling myself “ain’t nothing to it, but to do it” I feel good and I feel confident about my future. I’m working a great job putting insulation in houses which is allowing me to soak up so much knowledge, not just with insulation but other fields as well. I continue to keep adding blessings to my life and the best part is that this is just the beginning. There’s so much more to come!



DEFY GRADUATION AT PONTIAC

Defy is a holistic and confidence-building program that prepares Entrepreneurs in Training (EITs) to rewrite their future with comprehensive employment-readiness, healthy habits, and entrepreneurship training. Events include one-on-one career coaching, business planning activities, icebreakers and powerful empathy-building activities. Through conversations and connections with volunteers, the program also



enhances EITs' self-esteem, ambition, and sense of hope that is critical to a transformational journey.



Business Pitch Competition:

The Business Pitch Competition (BPC) is an event in which EITs are given the opportunity to apply the knowledge they learned and test the idea they developed throughout the CEO of Your New Life program. During the BPC, EITs presented their business ideas in several rounds of a Shark Tank-style competition to panels of



business leaders and investors. The event also included Defy's signature icebreaker and empathy-building exercises designed to create an inclusive and accepting community. At the end of the day, five winning pitches were selected from the group in an awards ceremony.

Graduation:

Graduation is the capstone event and the official cap and gown ceremony honoring each Entrepreneur in Training

for their successful completion of Defy's CEO of Your New Life program. It is the final celebration of their transformational journey and dedication to their new futures! During this event, Individuals received their Certificate of Completion from Defy Ventures and Certificate in Entrepreneurship from the prestigious Drucker School of Management at Claremont Graduate University. Reaching this day was a huge achievement for the Individuals at Pontiac. For some, it meant wearing caps and gowns for the very first time.



Some thought Defy couldn't be brought to Pontiac... that it wouldn't "work" or that it wouldn't be successful. Not only was it brought here, but our facility had THE LARGEST graduating cohort to date! Congratulations to the Defy Graduates at Pontiac!



THE MARKET CORNER: MARKET CORNER: SELLING CALL OPTIONS



**ROBERT "BULLDOG"
KENNEDY**

Currently, the stock market is in a very volatile state. The Federal Reserve Chairman, Jerome Powell, and his committee of Federal Reserve presidents have been raising interest rates at every Fed meeting for the past year, in an attempt to bring inflation down from its current level of over 6%, to a more respectable rate of 2%.

This has proven to be easier said than done. The stock market is all over the place, trying to find a particular direction to go in. One day the market is up, the next day it's down. How can you survive during this whiplash effect the market is going through? In my opinion, there are several choices to explore. Let's discuss one, which is **"selling"** call option contracts. To sell a call option, your safest play is to own at least 100 shares of the stock, remembering that option contracts are

bought and sold in blocks of 100. Let me warn you, in my humble opinion, you should not sell any call options on shares of stock **you don't actually own**. If you do this, it is considered to be selling a **"naked"** call, which is quite similar to being **"short"** the stock, and is extremely risky. On the other hand, if you own the shares of stock and you sell a call option against your position, you will be selling what's considered to be a **"covered"** call against your shares of stock, making you **"covered"** if the contract is pulled for assignment. **"Assignment"** is a term used when your shares of stock have been sold and therefore removed from your account, due to your obligation. **Let's dig a little deeper into this by taking a look at an example of what I mean.**

Let's say you own 100 shares of Bank of America, ticker symbol (BAC). You paid \$36.00 per share and you own 100 shares, so you have a total investment of \$3,600 in (BAC). At the time of this writing, (BAC) is trading at \$34.50 per share. You are currently losing \$1.50 per share multiplied by 100 shares for a total of \$150.00! That stinks! You **actually like Bank of America's stock**, but you are willing to sell all 100 shares for a small profit if you could get it, so you can move on to your next trade. **Here's what you can do:** You can sell a call option against the 100 shares of (BAC) you own. You decide the price you are willing to part ways with the stock and a time frame you are willing to give the buyer of your option to reach that price. You are the seller of the option to the open market. Let's say you decide you are willing to part ways with (BAC) at \$39.00 a share and you are willing to allow the buyer of your option 60 days to reach this price. You dictate the terms of the call option contract you are selling by choosing a strike price of \$39.00 per share and an expiration date of 60 days from today. **Now here's**

the best part: your broker (i.g. TD Ameritrade, E-Trade, Robinhood etc.) will put CASH in your account IMMEDIATELY! This money is yours to keep! **You're literally** selling someone the RIGHT to purchase 100 shares of (BAC) at \$39.00 per share, from your account, and they have anytime between today and 60 days from now to do so. Depending on the conditions of the market, on average, a deal like this will put at least \$180.00 into your account right away. The \$180.00 being deposited into your account is called a premium. When you buy a call, you pay a premium, but when you sell a call, you actually receive a premium. **Yes, you're the one getting paid. Here's the catch:** By accepting the premium, you are now OBLIGATED to sell your 100 shares of (BAC) at \$39.00 per share, anytime between now and 60 days from now, PERIOD. However, you originally paid only \$36.00 per share for the stock you agreed to sell at \$39.00 per share. **That's a profit of \$3.00 per share or \$300.00 total profit.** Plus, you received \$180.00 in premium for the right to purchase your 100 shares of (BAC) in the first place, remember? Add up all the profits from this transaction and you get \$180 in premium + \$300 profit for the sale of the 100 (BAC) shares at \$39.00 when you only paid \$36.00 per share, gives you a total of \$480.00 profit. **That's a gain of 13.3%. Solid!** The downside of this deal is simple: if (BAC) stock price keeps going up before the 60 day expiration date, you still only receive \$39.00 per share, because you have an obligation to sell at that price per the original options agreement. You are bound by this agreement and the only way to break the current contract is to buy the contract back from the open market before the expiration date. Depending upon how high the price of (BAC) rises, the price of the contract will be higher than you originally sold it for. To free yourself from your obligation, you must buy back

the contract at the current market price. On the other hand, if the (BAC) stock price goes back down, you are stuck again, so follow your first conviction of selling (BAC), and move on to your next trade. Your whole purpose of selling a call was to get rid of the stock.

Don't second guess yourself, take your profits and run!

However, if (BAC) never reaches the strike price of \$39.00 before the 60 day expiration date, the contract will expire worthless and you will not only keep the \$180.00 premium you received initially, you will also KEEP your 100 shares of Bank of America stock. Once the contract expires, you are free to do whatever you choose with the (BAC) shares, including sell another call option against them for even more premium! Cool right! This is a good way to put money back into your account while your shares of stock are below what you paid for them. I hope this helped you learn a little bit about **“selling covered calls”**! Next time I will discuss **“Inverse ETF's”** with you, so come back and hang out with me at:

“The Market Corner”!

“All you need are these: certainty of judgment in the present moment; action for the common good in the present moment; and an attitude of gratitude in the present moment for anything that comes your way.” — Marcus Aurelius

ACKNOWLEDGING A TIME FOR CHANGE

By: Maurice Jones @ Danville c.c.

Before I lost the core of the person I used to be, I remember when people used to ask me the question, “What are you doing with your life?” When people are doing positive things with their lives, I notice they respond in an exciting manner sharing their efforts or contributions with the world. Reflecting on my past experiences, I played basketball in high school and always had goals of going to college one day. Things changed when I experienced a fire incident my junior year that resulted in me making a poor decision to drop out of school. People would ask me about graduating high school and I would respond embarrassed to express dropping out of high school.

I had issues owning up to the actual act of dropping out, I knew the response from my peers and the stigma that came with that choice. When I made a decision to play the streets, unconsciously I committed myself to everything that



came with it including prison or death. Buying my first car at the age of 17 was a huge accomplishment though I couldn't be honest with my mother about how I bought the car. Telling her **the truth made me feel ashamed because she ain't raise me like that, she instilled morals and wanted the best for me.** I realized then that I wasn't proud of what I was doing but neglected the time to make the necessary changes in my life.

In 2008, I was arrested for the first time in my young adult life and transferred to the Cook County Jail for holding. **I'll never forget that first phone call I made to my mother, after accepting my call I had to explain what was happening with me.** For the incarcerated and people who have been incarcerated, this call is truly a wake-up call because this is when you find out if you have family support or not. Especially, when you know deep down inside that you could potentially be spending the next couple of years of your life in prison. Imagine on a one-minute free call breaking the news to your mother and hearing her start to cry on the phone.

I had experienced so much trauma back then where I knew I was on a downward spiral **but I couldn't respond in a manner to identify issues conflicting within me.** I wasn't happy, I wasn't proud of the man I had become, yet I did nothing to change my circumstances. In 2012, I was convicted of Armed Violence and sentenced to serve 25 years at 85% in IDOC. During a phone call after sentencing, my four year old son asked me, **"Where are you and when you coming home?"** It comes a time when you have to be truthful with yourself and with your family. I was a incarcerated father with a 2033 outdate, it hurt me a lot when my son dropped the phone crying after I told him I won't be home for a long time.

The signs and symbols always appeared for me to change my life, but (in that moment) I

actually acknowledged that it was time for action. I was tired of inflicting stress and pain on my people, nothing good was coming from all the wrong I had done. I understood I had to rid myself of the very same things that influenced my incarceration like my anger, my frustrations and losing people close to me. My peers began to see my change because I became more distant, I was met with criticism for wanting better for myself. I had to take accountability for how my life turned out and start thinking ahead for my future.

I had to acknowledge that life was chess and every piece on the board represented things that hindered my success. Being uneducated put me at a disadvantage in the game, I was pushing pieces against society with no strategy. Today, I'm a peer educator at Danville with two Associates Degrees and in pursuit of my Bachelors (Spring 2023). I'm happy with my life, when I'm asked about my current status I respond with excitement because I'm a proud man. The goal has always been for me to be the example and show my people how to embrace adversity while remaining resilient.

“The right to lead can only be earned...follow first and learn how to lead with time”

- Rick Lochner

AS SEEN ON FACEBOOK

Taylorville CC's LTS staff and individuals in custody worked together to update the facility gymnasium. To start the project, the individuals in custody removed the 30+ year old carpet from the gym floor and prepared the concrete gym floor for paint and sealer.



LTS staff had a vision for the new gym project to be and the individuals in custody took those ideas and created the murals around the gym. The individuals in custody displayed their artistic abilities, creating murals of the State seal, the American flag with the Pledge of Allegiance, the Statue of Liberty, soldiers from five different branches of the military, and a scene from the Invasion of Normandy.



A special thank you to the individuals in custody who

made this project come to life and the staff and administration who supported and assisted with this project.



PHILOSOPHY: JUST TRY IT!

Welcome back to the philosophy page(s) here in KH. Thank you for taking the time to check back in with us. In a previous edition, we gave you a brief summary of the most common/popular branches of philosophy. We discussed in some basic terms the seven branches of philosophy and what their main tenets are. We are not trying to pretend as if we are some smarty-pants philosophers, what we'd like to do is give you some breakdowns of some things we've read and found interesting. We are hoping that something you read here will inspire you in a few different ways: maybe it will give you something to think about in a way you may not have tried before, stretch your mind in a new way so to speak; maybe it will inspire you to talk to someone (or some people) you kick it with about this stuff and you can explore some of the ideas together; maybe you will just want to read some more about this stuff on your own; or, maybe you will want to do some of those things and then write an article for KH about your philosophical thoughts and discoveries. Whatever you choose to do or not do, we still want to say thank you for taking the time to read KH.



Now, last article we discussed the branches of philosophy. This time we'd like to give you some specific information about a popular idea or two. First up: the Eleatics. Here are some basics about the Eleatics:

The Eleatics were a pre-Socratic school of philosophy founded by Parmenides in the early fifth century B.C. in the ancient town of Elea. Some of the main members of the school included **Zeno of Elea (more about him coming up...)** and **Melissus of Samos**. Elea, whose modern-day appellation is Velia, was a Greek colony located in present-day Campania in southern Italy.



The Eleatics rejected the epistemological validity of sense experience, and instead took logical standards of clarity and necessity to be the criteria of truth. Of the members, Parmenides and Melissus built arguments starting from sound premises. Zeno, on the other hand, primarily employed the *reductio ad absurdum*, attempting to destroy the arguments of others by showing that their premises led to contradictions (Zeno's paradoxes). The main doctrines of the Eleatics were evolved in opposition to the theories of the early physicalist philosophers, who explained all existence in terms of primary matter, which declared that all existence may be summed up as perpetual change.

The Eleatics maintained that the true explanation of things lies in the conception of a universal unity of being. According to their doctrine, the senses cannot cognize this unity, because their reports are incon-

sistent; it is by thought alone that we can pass beyond the false appearances of sense and arrive at the knowledge of being, at the fundamental truth that the "All is One". Furthermore, there can be no creation, for being cannot come from non-being, because a thing cannot arise from that which is different from it. They argued that errors on this point commonly arise from the ambiguous use of the verb to be, which may imply actual physical existence or be merely the linguistic copula which connects subject and predicate.

Zeno of Elea

Zeno of Elea (c. 490 – c. 430 BC) was a pre-Socratic Greek philosopher of Magna Graecia (Greater Greece) in present-day Italy and a member of the Eleatic School founded by Parmenides. Aristotle called him the inventor of the dialectic. He is best known for his paradoxes, which have been described as "immeasurably subtle and profound". Aristotle in his Sophist called Zeno the inventor of dialectic, and that, no doubt, is substantially true, though the beginnings at least of this method of arguing were contemporary with the foundation of the Eleatic school.

Zeno's Paradoxes

(First, paradox, what is it? A paradox is something that is seemingly absurd on its surface but turns out to be valid under further investigation. Or to put it the other way, the arguments can seem to be true but lead to an outcome that is completely ridiculous...)

Zeno's Paradoxes found in the fragments of his writing include:

Space: "If there is such a thing as space, it will be in something, for all being is in something, and that which is in something is in some space. So this space will be in a space, and so on ad infinitum. Accordingly, there is no such thing as space.

Motion: The Arrow in Flight: If, Zeno says, everything is at rest when it is in a space

equal to itself, and the moving body is always in the present moment in a space equal to itself, then the moving arrow is still. Therefore, the arrow in flight is stationary. Motion does not exist.

Distance: Achilles and the Tortoise: “The slow runner will never be overtaken by the swiftest, for it is necessary that the pursuer should first reach the point from which the pursued started, so that necessarily the slower is always somewhat in advance. This argument is the same as the preceding, the only difference being that the distance is not divided each time into halves.

Here, we'd like to give you a second to think about what exactly paradoxes could mean. Our personal favorite is the implication of the Arrow Paradox; the idea is that motion is impossible.

Yes, we get it, what the F*# are we talking about, motion is impossible? Here is the thought process:

Obviously at any given instant in time the arrow must be *somewhere* and nowhere else. It is no longer where it used to be and it is not yet where it is going to be at its next possible instant in its flight. In other words, at every given instant there is no motion because the arrow is exactly at one precise position and thus at rest in that spot. If everything is motionless at every instant, and time is entirely composed of instants, then motion is impossible.

Right now you might be saying, “Yeah, okay, but time flows ever on so those instants are strung together one after the other and thus motion exists! Ha! Take that Greek guy who has been dead for 2500 years!” Well buddy, good news: there is more to think about because time doesn't really exist as we think of it either, it is actually a completely relative thing created by our own consciousness as a way to interpret the world and process infor-

mation, it does not exist as its own entity with or without observation, it is entirely dependent on conscious observation. (that is a whole other concept based on a bunch of things people like Einstein and Schrodinger -straight geniuses- figured out). So, back to the arrow:

Again, since nothing can be in two places at one time, the arrow must only be in one place at one time and therefore momentarily at rest. Logically then motion is not really what is occurring. Rather it is a series of separate events. The forward motion of time –of which the arrow is an embodiment- is not a feature of the external world but a projection of something within us, as we tie together things we are observing. By this reasoning time is not an absolute reality but a feature of our minds.

One more thing about time being relative, just so you know that this is not just some crazy idea we randomly believe in: you know about GPS satellites and cellphone locators and all that stuff that allows the internet and stuff to work? Well the companies that build and program those things to interact with our devices on the Earth here, they take into account how time is relative to those satellites compared to times movement forward as we experience it and they adjust the programs on those satellites to account for the difference because of how far away they are from the surface of the planet and how that affects the pull of gravity on them and how fast they are moving, time actually passes at a slightly faster rate for the satellites because **of how fast they are moving. This is all based on Einstein's equations of special relativity.** Anyway, just know this time relative stuff is pretty deep thinking too!



KING OF SERENGETI, BOB JR

By Rich Co Mar 16, 2023 04:26 PM EDT

 NATURE WORLD NEWS

Natureworldnews.com

Younger lions killed Bob Jr., the lion known as the King of the Serengeti, which experts say is common in the animal kingdom.

Following his death on Saturday at the hands of rival lions, national park aficionados in Africa are grieving the demise of their very own lion king.

The lion, Bob Jr. or Snyggve, was named after Bob Marley, the famed Jamaican singer, and songwriter.

According to experts, the handsome lion was probably killed by younger lions, in their act to overthrow the king of the pride, the BBC News reported.

Together with his brother Tryggve, Bob Jr. ruled the Serengeti National Park for seven years, Tanzania Times reported.

Due to their attractiveness, the 12-year-old brothers won the hearts of many.

On Instagram, Serengeti National Park very often posted images of the lions, referring to them as "The Lion Brothers" and "Kings."

The park informs its followers in one posted photo that the lion brothers share equal dominance peacefully, along with mating rights, and pride protection responsibilities with no intramural fighting.



Leopards, buffalo, elephants, rhinos, and of course the lion brothers, their mates, and their young call Serengeti National Park home. It is situated in the northern region of Tanzania, and the park is home to more than 3,000 lions.

The rivals who killed Bob Jr., according to Serengeti conservation officer Fredy Shirima, wanted to dethrone him.

Three younger rivals battled against him in a territorial fight.

Zoological experts point out that the death of Bob Jr. was an honorable death among lions.




Breaking down the death of a king

By Warnsing

The above news story about the “murder” of Snyggve caught me late last week. When I dug deeper in to the story there was an aspect of the total story that was left out of this article by Nature World News. As they mention that this was an honorable death among the lions disputing control of the territory. The officials in the park reported that from their investigation that there was evidence that Snyggve did not fight back against the younger rivals.



When I first read about it, my initial response was in that given situation I would not go down without a fight. That I would make a war out of it, win or lose I would have used every ounce of my strength to **make the rivals earn the throne. In life I don't believe in just accepting defeat and laying down. Anything worth having is worth fight for.** And it struck me as odd that the King of Serengeti would just roll over and accept defeat, but did he know something I didn't? ...



As I've now taken the weekend to think about it further, I've started to develop another idea. When we are discussing lions we are discussing life and death when it comes to "ruling" the territory but with people it is a little different, hopefully. I think this situation leads to the idea of transition. I remember a recent transition I experienced and this helped me to understand and put some closure to it.

In August of last year, I decided to move from a self defense gym to my current Jiu Jitsu academy. As part of the move I had a good conversation with the owner of the old gym. We had a Facebook group where we discussed topics that came up in class or in the world. In the beginning, the owner agreed to have me stay in the group that way I could help add to the conversation as I was one of the leaders in the group. After about two weeks of leaving the gym I was removed from group. For a long time I was bitter about that decision. The members of the group were my gym family for almost 3 years and I had really good relationships with most of them.

The fact that I did not see at the time was that by being a leader in that group but no longer being a member of that gym, that led other members to question the leadership of the gym.

With people it doesn't take someone being killed as it did in the case of Snyyve but there does have to be a clear departure. We see this a lot in the world of business and sports where a CEO, team leader, manager, etc want to take a step down but they don't completely leave the company or the team. In these situation it make it extremely difficult for the new leaders to lead as there is always the temptation to look to the last leader.

As leaders/members of organizations, families, etc. we have the responsibilities to look at these transitions and make sure we are empowering the people that come behind us to step up and take the leadership role, without us having to be put out to pasture!

mental health

THANK YOU FOR TAKING THE TIME TO LOOK AT THE K.H. MENTAL HEALTH PAGES. WE TRULY APPRECIATE MR. KUSTER AND MR. ROSS FOR THEIR HELP WITH THESE PAGES. THIS SHIT IS IMPORTANT, PLEASE TRY TO TRY THIS STUFF.

COMMUNICATION SKILLS:

We are all aware of the potential problems we run into on a regular basis when it comes to communicating with others inside of prisons and out. We have all run into situations where we know that people are not hearing what we are trying to say. I concede upfront that, yes, sometimes the problem is with the other person, really though, the problem can be solved by us no matter which party is not engaging in a healthy, effective form of communication. In other **words, it is our responsibility to find an effective way to communicate.** This volume's Mental Health piece focuses on communication as it relates to addressing problems, especially if you are experiencing anger. Here are some tips for opening the lines of communication:

When bringing up a problem, the first 3 minutes are crucial. A soft START UP sets a positive tone and helps resolve conflict. By starting a conversation calmly and respectfully, you are **more likely to focus on the problem, rather than who's to blame.**

Save the conversation for a calm moment:

- Wait for a time when there is no audience, distractions, or interruptions.

- Make sure you are relaxed, and not tired, hungry,

Be mindful of body language and tone of voice:

- Take an attitude of teamwork and problem-solving, rather than arguing or blaming.
- Speak calmly without raising your voice.
- Avoid hurtful body language, such as eye-rolling, scowling, or mocking.

Use “I” statements to express how you feel:

- Focus on how a problem is affecting you, rather than assigning blame.
- Say: “I feel (emotion) when (situation).”

Examples:

Without “I” statement: “You’re so closed off. We need to talk more.”

With “I” statement: “I feel lonely when we don’t talk.”

Describe the problem clearly

- Discuss only one problem at a time.
- Be specific. Broad complaints like “the house is a mess” may be misunderstood.

Be respectful

- Make a polite request, rather than a demand.
- Thank them for listening and addressing a problem

Examples:

“Could you please...”

“Thank you for...”

“I would appreciate if...”

WHEN YOU TRY TO SMILE



FOR YOUR ID PIC

ADVENTURES OF J-AWG



HISTORY TRIVIA

So you think you know world history? I guess it's time to find out!

Put your wits to the test with these world history trivia questions to see how much you really know about the world around you. Have fun, and you may even learn something new!

History Trivia Questions

- 1) Trivia Question: What was the shortest war in human history?
- 2) Trivia Question: How long did the war between England and Zanzibar last?
- 3) Trivia Question: How many years did the 100 years war last?
- 4) Trivia Question: What was the name of the research ship Charles Darwin traveled with?
- 5) Trivia Question: In which year did Hitler commit suicide?
- 6) Trivia Question: In which year was John F. Kennedy assassinated?
- 7) Trivia Question: **One of the ancient world wonders, the "Hanging Gardens," was found in which city?**
- 8) Trivia Question: Greenland was a colony of which country until 1981?

- 9) Trivia Question: Which organization was awarded the Nobel Peace Prize in 1917?
- 10) Trivia Question: How many days in a week were there in ancient Roman times?
- 11) Trivia Question: How many days was William Harrison President of the United States?
- 12) Trivia Question: In 1927, who became the first man to fly solo and non-stop across the Atlantic?
- 13) Trivia Question: What was the family name of the Russian rulers from the 17th century until the 1917 revolution?
- 14) Trivia Question: Which bridge was the first to be built across the River Thames in London?
- 15) Trivia Question: Which U.S. president had a home called The Hermitage?
- 16) Trivia Question: Which famous battle took place on Sunday, June 18th, 1815?
- 17) Trivia Question: How many U.S. presidents have been assassinated?
- 18) Trivia Question: What are the names of the U.S. presidents who have been assassinated?
- 19) Trivia Question: Which King of England was executed in 1649 during the English Civil War?
- 20) Trivia Question: **Which world leader is famous for his “Little Red Book”?**
- 21) Trivia Question: When did Mao Zedong come to power?
- 22) Trivia Question: In which country did the Easter Rising take place in 1916?

ANSWERS ON THE NEXT PAGE:

“You become what you give your attention to...If you yourself don't choose what thoughts and images you expose yourself to, someone else will.”

— Epictetus

ANSWERS:

1) Answer: The war between England and Zanzibar

2) Answer: Between 38 & 45 minutes

3) Answer: 116 years

4) Answer: The Beagle

5) Answer: 1945

6) Answer: 1963

7) Answer: Babylon

8) Answer: Denmark

9) Answer: The Red Cross

10) Answer: 8

11) Answer: 32

12) Answer: Charles Lindbergh

13) Answer: Romanov

14) Answer: London Bridge

15) Answer: Andrew Jackson

16) Answer: The Battle of Waterloo

17) Answer: Four

18) Answer: Abraham Lincoln, James A. Garfield, William McKinley, John F. Kennedy

19) Answer: Charles I.

20) Answer: Mao Zedong, or Mao Tse-tung

21) Answer: 1949

22) Answer: Ireland

HOROSCOPES

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

Translation: Time to do some of that mindfulness meditation! Take a break and work on you, after all, if you got problems we got problems!

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

Translation: This is 2 separate things, try to do them both, but if you can only do 1- skip the new friend thing- **can't trust new cats anyway...**

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

Translation: **It's always time to level up on the job side: Everyday I'm hustling', everyday everyday everyday I'm hustling'!**

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

Translation: **You know these stars talkin' bout keep your noodle and wet pack and coffee game extra swole! (how do they know? Hmmm?)**



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

Translation: **Bruh, cats really be tryin' to be slick with that old, "I don't even know how to cook" game! Wood You Knock It Off Yo!**



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

Translation: **Facts. If you ain't feelin' it on the weight pile, don't push it. We all know plenty of "you should go heavier" dudes who can't lift their arm up to comb their own hair. Rest day is important too!**



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

Translation: **Don't go over board with this and watch that all day marathon of Real Housewives, read a book instead, or write some poetry or something. Anything but Real Housewives (or Cheaters!).**



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

Translation: **You got 2 ears and 1 mouth for a reason... do we gotta say more than that?**



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

Translation: **You gotta tell your homie that you can't take it with all that crazy smackin' at the table in chow, they gotta eat with someone else from now on. Sorry not sorry.**



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

Translation: **Okay, okay. Be cool. Let's not get too crazy here just cause the "stars" decided you should run your mouth, think about what you need to say, then how to say it. Don't go snappin' just to be snappin'.** Remember always move with purpose and intention! Facts.



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

Translation: Change can be uncomfortable, but there is no change if there is no change. If nothing changes, nothing changes, and we could all use some change right?



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

Translation: **This is it, this is what we've been working for, this is not a drill!** This is a live exercise! It is time to end all this COVID-19 garbage!
Let's go 2023! Let's go!

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

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

#KEWANEEHORIZONS



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

IDOC HOME PAGE → CLICK "ABOUT" → CLICK "NEWS"

KEWANEE HORIZONS VOLUME THIRTY TWO



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