



**KEWANEE
HORIZONS**

VOLUME 27

**BLACK
HISTORY
MONTH**

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RESTORATIVE JUSTICE

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

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

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

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

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

THE FIERCE 44: BLACK AMERICANS WHO SHOOK UP THE WORLD

Each week we're writing about Black Americans who inspire everyone. This information is from The Fierce 44: Black Americans Who Shook Up the World written by the Staff of The Undeclared. The next 11 Black Americans are:

Benjamin O. Davis Sr. (1880- 1970)

Benjamin Oliver Davis Sr. began his military career in the Spanish-American War as a volunteer in the infantry. (It is thought that he may have even lied about his age so he could enlist without his parents' permission.) He liked the discipline and order, so a few months after he was discharged, he reenlisted and stayed in the military for the rest of his career. Four decades later, as the United States prepared to enter World War II, Davis became the first African American general in the Army.

America's military was segregated for the most of Davis's career, and black soldiers had limited options for promotion. His duty assignments were designed to avoid putting him in command of



By: Marcus Harris

white troops or officers. Davis led troops in Liberia and the Philippines, where he served with the famed all-black Buffalo Soldiers. He was assigned as a professor of military science and tactics at both Wilberforce University in Ohio and Tuskegee Institute in Alabama. He rose slowly through the ranks, becoming the first black colonel in the Army, and he served in Europe as a special advisor on race relations.

Davis retired in 1948 after fifty years of service. Six days later, President Harry S. Truman ordered the end of discriminatory practices in the armed forces.

Davis' determined and disciplined rise in the Army paved the way for black men and women—including his son, Benjamin O. Davis Jr., who in 1954 became the second African American general in the U.S. military and the first in the Air Force.

Frederick Douglass (1818-1895)

Born on a Maryland farm in 1818, Frederick Douglass was the son of a slave mother and a white father who may have been his owner. When Douglass was eight, he was sent to Baltimore to work for a ship carpenter. The carpenter's wife started to teach him to read, and Douglass recognized there was a connection between knowledge and freedom. At fifteen, Douglass was sent to a different farm to work for a brutal man with a reputation as a "slave breaker." Douglass hated the man and his time on the farm and tried to escape.

Eventually, Douglass was sent back to Baltimore where he worked as a slave in a shipyard. When he turned twenty, he met a free black woman who helped him escape. She bought him a train ticket to New York, and, disguised as a sailor, he was on his way to freedom.

Once he was in the North, Douglass started to talk to antislavery groups about his

personal experience. He was a dynamic speaker who knew how to hold an audience. He was tall and graceful and had a voice that made you pay attention to what he had to say.

Some people doubted that such a good speaker could have been a slave. So in 1845, Douglass, wrote an autobiography, Narrative of the Life of Frederick Douglass, with all the details of his upbringing. A vivid portrayal of physical brutality, mental torture, and the separation of family members, the memoir brought the horrors of slavery into the light and became the most influential personal story of slavery in U.S. history. Besides fighting for abolition, Douglass was also an outspoken supporter for women's rights and continued to push for equality all his life.

Charles Drew (1904-1950)

As a young man, Charles Drew was an exceptional athlete, starring in football, baseball, basketball, and track and field at Dunbar High School in Washington, DC. He was an All-American halfback and captain of the track team at Amherst College in Massachusetts. Because he couldn't afford medical school in the United States, Drew attended McGill University in Montreal but later moved back to the United States to teach at Howard University's medical school.

Drew went on to do research at Columbia University in New York, becoming the first African American to get a medical doctorate at the prestigious school. He became the world's leading authority on blood transfusions and storage. His research established procedures for how blood should be collected and refrigerated and how blood donors should be recruited and screened, as well as training methods for people who would collect and test blood. His research on plasma, the liquid portion of blood without cells, made it possible for blood to be "banked" for long periods of time.

Drew's work was especially important as the United States prepared for World War II. As medical director of the American Red Cross National Blood Donor Service, Drew led the collection of tens of thousands of pints of blood for U.S. troops. Some historians say Drew's work may have saved the world from Nazism, since battlefield blood storage and transfusions didn't exist before then.

When the U.S. military ruled that the blood of African American would be segregated and not used on white troops, even though blood has no racial characteristics, Drew was outraged and resigned from the Red Cross. He returned to Washington, DC, as a professor at Howard University and head of surgery at Freedmen's Hospital, where he trained many black physicians. Drew continued to work as a physician until his untimely death in a car crash.

W.E.B. Du Bois (1868-1963)

William Edward Burghardt Du Bois, the first African American to receive a PhD from Harvard University, was a brilliant scholar who changed how black people saw their place in the world. But he was also a political activist who helped start the NAACP, crusaded against lynching, and tried to unite black people across the world.

His most famous book, *The Souls of Black Folk*, was published in 1903 and introduced the idea of "double consciousness," in which blacks always have to think about how white people see them. Du Bois rejected the arguments of Booker T. Washington, the most influential black leader of the time, who asked blacks to accept discrimination while trying to prove they were worthy of equal treatment through hard work. Instead, Du Bois believed, blacks should actively fight discrimination and racism.

Du Bois acted on his beliefs. He helped start the NAACP and was the founder and

first editor of its crusading magazine, *The Crisis*. He criticized President Woodrow Wilson for resegregating the federal government and continually spoke up for social justice. Du Bois ran for the U.S. Senate in New York, representing the American Labor Party, and became chair of the Peace Information Center, which sought to ban nuclear weapons around the world. At one point, Du Bois was arrested and charged with being an agent of the Soviet Union. He was found not guilty and later moved to Ghana, where he stayed until the end of his life.

Duke Ellington (1899-1974)

Edward “Duke” Ellington started playing piano as a seven-year-old, and by the time he was seventeen, he was working as a professional musician. A few years later, he moved to New York City and was soon a regular at the famous Cotton Club in Harlem, launching a career as one of the greatest American musicians of all time.

Just as soul music and Motown provided the soundtrack for the 1960s civil rights movement, big band swing music furnished the score for the Harlem Renaissance of the 1920s. While many famous bandleaders were playing then, including Count Basie and Benny Goodman, Ellington was the best.

A pianist and an orchestra leader, music seemed to pour from Ellington. He wrote more than one thousand tunes, many of which are considered classics, including “Don’t Get Around Much Anymore,” and “Satin Doll.” His original songs rank among the first examples of crossover pop. They captured the essence of the black experience, but were also irresistible to white audiences.

Unlike other bandleaders, who wanted their musicians to meld their sounds together, Ellington was famous for writing music to highlight individual artists. He liked to feature

people with unique styles and was constantly rewriting even his biggest hits.

Ellington received many honors, including eleven Grammy Awards, thirteen Grammy Hall of Fame nods, the Presidential Medal of Freedom, and a Pulitzer Prize special citation, and was inducted into the Songwriters Hall of Fame. But Sir Duke's legacy is bigger than any award. Whenever "swing" or "big band music" is mentioned, Ellington's name leaps to mind as he is the embodiment of jazz.

Aretha Franklin (1942-2018)

In 1967, Aretha Franklin, the daughter of popular Detroit Baptist minister C.L. Franklin, scored a number one hit with her remake of Otis Redding's "Respect." The song became part of the soundtrack of the civil rights movement as well as anthem for the women's movement as women demanded to be taken as seriously as men.

But Franklin was bigger than one track. She had started out as a teenager singing gospel music. Soon, she branched out and, over the years, moved easily from jazz to rhythm and blues to pop. At the Grammy Awards in 1998, she stepped in at the last minute for a sick opera star and dazzled the audience with her performance. But Franklin always brought her roots in gospel to her songs, which is why she was nicknamed the Queen of Soul.

Franklin was a big supporter of the civil rights movement, one time going on tour with other artists to help raise money for the cause. She sang at the memorial service for Martin Luther King Jr., who was a friend of her father's. She also sang at the inauguration of the first black president, Barack Obama.

In 1987, Franklin became the first female performer inducted into the Rock & Roll Hall of Fame. Over her six-decade career, she had more than one hundred singles on the

Billboard charts, and seventeen of them were top-ten singles. She won eighteen Grammys and sold more than seventy-five million albums.

Franklin was a musician's musician: she could bang it out on the piano and sang opera as effortlessly as gospel. Few can match her four-octave range or sustain a note or a song quite the way Franklin did. All hail the Queen.

Jimi Hendrix (1942-1970)

Jimi Hendrix couldn't read or write music. But Rolling Stone magazine named him the greatest guitar player ever. The Rock & Roll Hall of Fame went even further, calling him "the most gifted instrumentalist of all time."

Hendrix left his home in Seattle in 1961 to become a paratrooper in the Army. After suffering an injury from a parachute jump, he left the military and started working as a backup musician for some of the best rhythm and blues acts of the time.

Soon, Hendrix began his short career as a headliner, radically changing how the electric guitar was played and combining rock with blues and jazz. He was popular with white audiences even while playing music built on the black experience.

What made Hendrix so great? His live performances could be messy and his guitar tone ear-piercing. But it was these eccentricities that made him unique. For Hendrix, music wasn't about a note-perfect performance, but a search for truth. He was a nonconformist and part of a generation that was proud to be antiestablishment.

Hendrix died at only twenty-seven after an overdose, but by then he had thoroughly changed how people thought about music. Hendrix's talent is probably best demonstrated by his performance of "The Star-Spangled Banner" at the famous Woodstock music festival

in 1969, in which he used his guitar to condemn the war in Vietnam by evoking the sounds of artillery explosions and air-raid sirens.

Many guitarists have challenged Hendrix's position at the top, yet none have matched his genius. In the world of electric guitar, there are two ages: the monochromatic era Before Hendrix and the limitless, kaleidoscopic period After Hendrix.

Zora Neale Hurston (1891-1960)

Zora Neale Hurston is now recognized as one of the South's most famous and eloquent writers, but it took a long time for her talent to be recognized.

She grew up in Eatonville, Florida, the first all-black incorporated town in the country, where her father was one of the first mayors. Her mother, a Sunday school teacher who encouraged her children to be ambitious, died when Hurston was only thirteen. She didn't get along with her stepmother and eventually joined a group of traveling performers as a maid.

She finally finished high school in her twenties before going on to get degrees from Howard University in Washington, DC, and Barnard College in New York City, where she studied anthropology.

In New York, Hurston became a central figure in the Harlem Renaissance of the 1920s and pursued a career as a writer and researcher who studied the folklore of southern blacks. The author of four novels, including the now celebrated *Their Eyes Were Watching God* (1937), and the autobiography *Dust Tracks on a Road* (1942), she also wrote short stories, essays, and plays. Unlike other writers, Hurston focused on the experience of black women and wrote the way black people in the South actually spoke.

Hurston never made much money from her writing. When she died, her neighbors in Fort Pierce, Florida, couldn't afford a headstone, so they buried her in an unmarked grave. Alice Walker (who later wrote *The Color Purple*) found her grave in 1972 and paid for a marker. Now everyone recognizes Hurston as an important author who told the story of country folk.

Jesse Jackson (1941-

Jesse Jackson's are the biggest shoulders that Barack Obama stands on. Jackson laid the foundation for electing a black president, one of the signature achievements of the twenty-first century. The groundwork began with Jackson's decision to run for president himself in 1984, widely seen then as more symbolic than practical. Black leaders had discussed for years what it would take to seriously compete for the highest office in the land. After Harold Washington was elected Chicago's first black mayor in 1983 and with concern mounting about the negative impact of Ronald Reagan's presidency on black Americans, some thought it was time. Jackson was one of the greatest political orators in American history. His ability to inspire farmers and factory workers, maids who take the bus, and teenagers growing up in housing projects was unmatched.

In 1984, Jackson ran for president and won five Democratic primaries and caucuses on a tiny budget. With his second presidential campaign in 1988, he established himself as the leader of the progressive wing of the Democratic Party. He won eleven primaries and caucuses and finished as runner-up to Democratic nominee Michael Dukakis.

Before Jackson's campaigns, black campaign workers were largely put in small roles focused on "urban issues." Jackson helped increase black participation in all the jobs in politics. The result was more field operatives, strategists, and fundraisers—and candi-

dates for a wider range of offices—than ever before.

He deserves credit for his civil rights activism in the Deep South and later on Wall Street and in Silicon Valley. But Jackson’s most notable achievement was demonstrating that sending an African American to the Oval Office was an attainable dream.

Jay-Z (1969-

Shawn Corey Carter grew up in the Marcy Projects in Brooklyn, New York, where his mother, Gloria Carter, remembers he’d be in the kitchen of their apartment rapping until late at night. He never graduated from high school and initially sold CDs out of his car. He became Jay-Z with his 1996 debut album, Reasonable Doubt. Ten years later, MTV named him the greatest rapper of all time.

Famous for his work ethic, Jay-Z has released fourteen Billboard number one albums, the most by any solo artist in history. These include many timeless tracks that have defined popular culture, such as 2004’s “99 Problems,” a look at what it’s like to drive while black in America, and 2009’s “D.O.A. (Death of Auto-Tune),” which single-handedly undermined a voice-correction tool that was widely used in rap and pop music. Jay-Z was instrumental in taking hip-hop from its origins in house parties to selling out stadium concerts.

As he climbed the charts, Jay-Z also became an influential businessman. He is an owner of Tidal, a streaming music service. He cofounded Roc-A-Fella Records, served as president of Def Jam Recordings, founded entertainment company Roc Nation, and became part-owner of the Brooklyn Nets before giving up his stake in the NBA franchise to found his own sports agency, Roc Nation Sports.

Married to Beyoncé, Jay-Z has lived the American dream of reinvention and second chances.

Katherine Johnson

By fourth grade, every American kid has studied the history of this country's space missions, especially the story of astronaut John Glenn, who became the first American to orbit the earth in 1962. But for a long time, one nugget was missing from those histories—the black woman who helped him safely get there and back.

Katherine Johnson was a physicist and mathematician, one of many black women hired by NASA in the early 1950s to work in the Guidance and Navigation Department. She was a math prodigy who graduated from high school at fourteen and earned a double degree in math and French from West Virginia State College at eighteen. And she helped to integrate the graduate school at West Virginia University, where she was one of three black students and the only black woman.

At NASA, Johnson was plucked from the pool of women working on math calculations to work with an all-male flight research team. Besides her work on Glenn's famous flight, she helped launch the use of computers at the space agency and helped calculate the orbit for the 1969 Apollo 11 flight to the moon. Johnson coauthored twenty-six scientific papers in her career at NASA.

In 2015, then-president Barack Obama awarded Johnson the Presidential Medal of Freedom for her pioneering work. And the next year, her story was told in grand Hollywood fashion in the movie *Hidden Figures*. Taraji P. Henson played the role of Johnson and brought to life a story that many of us never knew existed.

Tune in to Kewanee Horizons next week for the next eleven Black Americans who shook up the World.



BLACK HISTORY

Black History Month means looking back at the impact of pioneers and leaders of the community have had. It means celebrating and honoring the legacy these leaders have laid for future generations to follow. It means supporting the advancement of the black community amidst the injustices that continue to happen throughout the U.S. today. By educating myself further and honoring the fact that we would not be where we are today without the innovative contributions that the generation before me, I realize that I am very special and worthy of being Black.

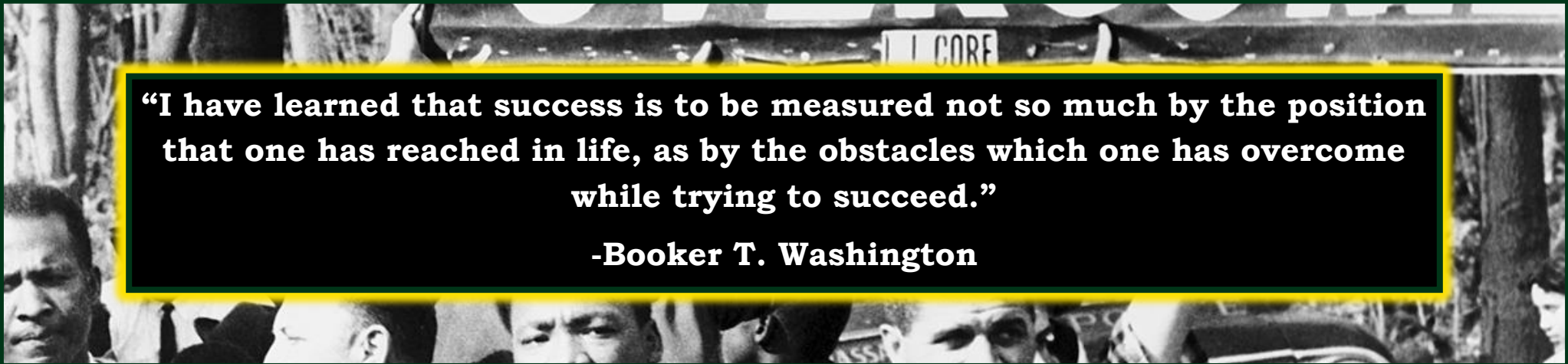
This is a time to pause and reflect to ensure that you are being the best advocate when it comes to learning and building in your community by helping one another. It also means FREEDOM. To revisit your ancestors and their great contributions, that you use, have used and engage with every single day.



By: Kenji Haley

Sometime it is easy to get lost in the work that has been done because you were not born and it didn't apply to you, but EVERY PIECE OF WORK that has been done, from Reconstruction in 1877 to the Civil Rights March in 1963 to the Million Man March in 1995, we must be clear on the fact that Black people, OUR PEOPLE, wanted to see change and made it possible for us to revel in it. These are some of the most important time in our life and there is no one that should interfere with your growth!

Celebrating Black History Month is more than just "talking about it". Its about sharing ideals, giving to those who are not aware, educating and inspiring those to become better. I am so proud to be black, despite all the things that have occurred amongst my people. With that said, I hope that all my people began to express the joy of being Black; to never second guess yourselves because of your color and to always keep your head up and stand up for the things that you were given. Remember, love the skin that you're in and that Black History is American History.



“I have learned that success is to be measured not so much by the position that one has reached in life, as by the obstacles which one has overcome while trying to succeed.”

-Booker T. Washington

A MOMENT OF REFLECTION

1 Peter 1:3-9

They Forgot They Prayed & Baptized Us

There is no greater example in the history of civilization than Christ Jesus himself; “Isn’t this the carpenter’s son? (Matthew 13:55) ...Nazareth! Can anything good come from there?” (John 1:45-46) ...While Jesus was dining at Matthew’s house... the Pharisees asked his disciples, “Why does your teacher eat with the tax collector’s and sinners?” (Matthew 9:10-11) Then there’s Us! We’re perceived as insignificant, inferior, incompetent American Negroes of African descent ensnared by the ruthless rejuvenated constitution of the Jim Crow south. Our self-dignity decimated by the depiction of Us as dirty, disgusting and despicable pieces of humanity. Unworthy to neither study and nor learn at the same schools nor co-occupy the proximity of any space such as side-



Mr. James Hudson

walks, restaurants or parks. The implantation of these poisonous perceptions polluted the impressionable minds of white youth for many generations, although, many were compelled to become accomplice to such extreme social and political propaganda. I'd like to take the time to honor those who disregarded their privilege early on, and those who later on went against the grain with conviction and purpose by breaking the links of their generational inheritance and locking arms with righteousness against the oppressive injustice suffered by our people at the hands of their own people. Thanks again (Psalms 97:10-12; Matthew 5:11-12)

Bill Winston, said, "We are wired to believe what we see." However, he specifies, "We must not allow what we see to be the determining factors of what our heart believes." I absolutely concur with that statement. I'll add, our existence in history has become a post-primal example of why we should not allow the opinions of someone else, about someone else, influence our opinion, perception or judgment of them, period! Remember Dr. Martin Luther King Jr.'s *I Have A Dream* speech concerning his grandchildren growing up in a nation where they're not judged by the color of their skin, but by the content of their character (individually).

In conclusion, the immeasurable separation between Love & Hatred would never be bridged by bias-bigotry, prejudice or any form of racial supremacy by any race. Therefore, let us all be determined to exemplify Christ like character in every situation and circumstance and, as Mrs. Cambron (Kewanee educator) plainly puts it, "when life shows up!" (Study and live it. Matthew 5:43-48; Romans 12:9-21;)



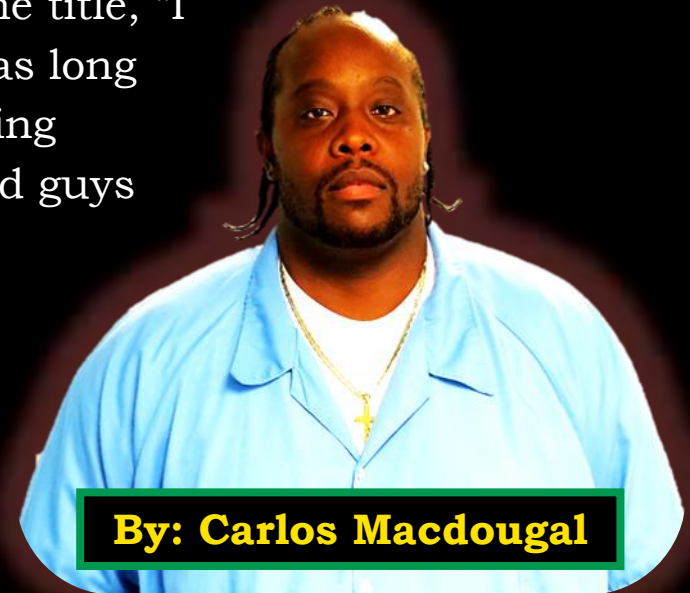
PEER LED SHOWCASE

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

SPOKEN WORD PEER LED GROUP

Welcome back to another edition of spoken word!

Today, I'll be talking to you about how to keep the group engaged so that the process won't become boring. The assignment I came up with is a challenge, meaning I challenged the group to write a piece from the title, "I Once Was". The piece can be as long as you like or as short, as long as they participate. Now, I don't know if you have guys standing when they're sharing their piece but for this assignment, I had guys stand to give them a feel of what it is to do this in front of a crowd. There will be nerves and the guys will stumble but like I said before, this is a judgment free place. Most guys in the group might not have the creative faculties that you or the rest of the group may have so this is when you or your co-facilitator can help by giving that person a little



By: Carlos Macdougall

push so to speak. Encourage him to just write and explain to him that poetry doesn't have to rhyme as the more traditional poetry does. Once the group comes back to class for the reading of the assignment, it doesn't matter who goes first. Once things get started, they will flow and the more you keep them engaged with this process things will be fine. I'll leave you with this:

Though we are in bondage, our minds are free to roam the earth freely and without restrictions. The thought of being other than what you are has crossed the vast regions of your mind to uncover the potential that you've hidden away for too long. He who has the gift to make magic when he puts his pen to paper should never hide it nor allow others to hinder you from exploring the depths of the mind, yet you refuse to wonder. It is my hope that with this avenue, this portal to another world, we take the time and expand our search for ways to create magic. This is the reason our ancestor's fought so hard to learn how to read and write. The time is now that we break free of the chains that once held our people captive physically and now hold our people captive mentally.

**“OUR LIVES BEGIN AND END THE DAY WE REMAIN SILENT
ABOUT THINGS THAT MATTER.”**

-MARTIN LUTHER KING JR

FEAR

By: Byron "Bino" Jones
@Peoria ATC

I use to express thought within myself of what is my Biggest **FEAR**
And the worst came to pass when I lost my MOM while in here.

When you conquer the Biggest, everything else becomes minüte
Thought I had no more Fears but I wasn't telling myself the Truth.

Life will never be the same, question if people really Love me enough
To receive what I have to give is it arrogance if I Love me too much?

Selfless, Honest, Ambitious, Intelligently committed to make life better for you & I
Gone be a great Father to a child & an excellent Husband to my Future wife.

Expectations to live life with Purpose, be Successful, shine bright like a star
Because it don't get no Realer than when you are who you think you are.

Touched many lives, inspiring them to maximize their potential to be the best they can be
Mentally caged, Depressed, Stressed; vessel for ya'll to use my shoulders to set you free.

Work on myself every day to perfect what I know to be true
It would be a tragedy if I no longer could speak to you.

Biggest Question now: How many more years before my **Dreams** prevail?
Biggest **FEAR**: How will they come to fruition if I ever Die in Jail?

~BINO~



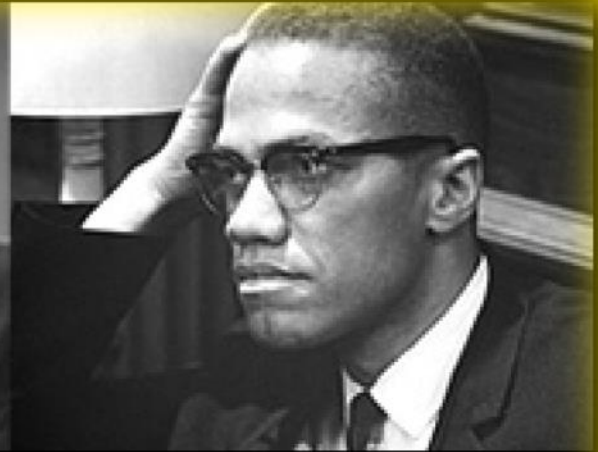
My introduction to you was through a spoken word, so I figured my departure would be with a poem... If you're reading this, then my **DREAMS** are prevailing and this **FEAR** no longer exist...**WE MADE IT!** But, when I say **WE**, I mean **US**... Us because we are all one, so when one of us make it out it's a reflection of the ones left behind and what you do with your **Blessing** is either going to propel us forward toward **Restoration**, or set us back causing more injustice. At some point or another, we have all thought about what freedom will feel like again, as well as the conscious and subconscious mind drifting towards not making out. If you admit it, both become scary after doing decades in prison. The best way to be at peace with either is to live your life with **Purpose** despite any circumstances. We all know the struggle you go through defines who you are. My advice is to use your struggles to awaken the selflessness that lies within us all as human beings. We walked down this path because we were misled and followers. Now you have an opportunity to be a Leader; A **Leader** of your own life and give back to a world that's desperate for our pure Intellect. While you sit and await your moment, focus on yourself, Understand who you are at the core and where your place lies within this world, even from behind a wall where you may seem so invincible. Believe me, there's a world outside fighting for you, so **Be Ready!**

The few things prison teaches you are; It's the smallest of things that mean the most, so **APPRECIATE LIFE**. And remember, the one thing you can never get back is time, so don't waste it.

“Time invested in the things money can't buy will always reap a Greater return!”

Thank you to **Kewanee Horizons** for pulling out the true confidence within myself to be a voice for the voiceless! See you all on the other side...

KEWANEE HORIZONS



BLACK HISTORY MONTH



VOLUME 27

"No More Excuses, Only Solutions"

By: Tiiyon T. Byrd



Greetings everyone! I just wanted to take the time to share some information with you all that will hopefully be beneficial. Since I've been incarcerated, I've probably bounced from one thing to another in regards to trying to make a decision on what it is that I want to do when I'm released. When you take the time to equip yourself with as much knowledge as possible, especially to make sure you're successful upon your release, I believe there's no possible way you can fail. As I mentioned in prior volumes, taking the time to educate yourself, utilizing the library to learn things, and communicating with your fellow peers who have experience with some of the things you're trying to learn, is only beneficial, period. There should be no reason why any of us leave prison with any excuses.

Without a doubt, some of us are re-entering into a not-so-ideal situation, but there's definitely a way out, and as the information comes my way, I'll definitely share it with you all. I know that driving trucks isn't something that most people want to do, but it's more than just driving a truck. You're being given the chance to make some good money, travel, and get to a point where you're able to be your own boss. A lot of the information that I receive is directly from the people of companies and/or company owners. We all have the ability to write anyone in the world, so when it comes to your future, I hope that you will take the time to take yourself and your goals serious, and write people that can help you, guide you, and provide you with all the information you need to help you on your path to success. With that, I'd like to share with you some basic information from the 160 "Driving Academy" straight from a branch manager.

General Information:

- We have new classes that start every Monday, and we go to school full time. Students can complete our program anywhere between 4-8 weeks; it depends on your attendance and your progress in training.

- 1st week: You will be in the classroom learning information for the permit test. The hours are 8am-4:30pm Monday-Friday
- Remaining time: You will be in the yard doing hands on training in the trucks. Those hours are 6:45am-3:30pm Monday-Friday
- Please be aware that to start class you must have a valid driver's license.
- All students need to pass a urinalysis drug screen and physical to continue their training. We have doctors who come on site to do these for us.
- We recognize that marijuana is legal in Illinois, however it is not legal on a federal level. If you do not think you would be able to pass a drug screen, we recommend waiting at least 30 days to clear your system before you start class.

Permit Test:

- This is the written test that will be taken at a CDL DMV after your first week of class. You will need your permit before you can start your hands on training in the yard.

- The permit test is broken up into three sections:
- General Knowledge
- Air Brakes
- Combinations
- Each section of the permit test you can take up to 3 times. If you fail a third time you will be put on a 30-day hold with the Secretary of State until you can try again
- When you take the test, you need a valid license and then either an original birth certificate or a valid passport
- The drug test and physical will be done after you receive your permit

Yard Training:

- We typically have students train in manual transmission trucks, but we do have automatics available.

If you test out in an automatic, just know that you would have a restriction on your license (meaning you would be limited to only driving trucks with automatic transmission).

We have testing every week (Tuesday-Thursday) and we have State examiners come to our yard to do the testing for us.

Classroom (40 hours)	Yard (about 120 hours)	Students MUST Pass	All Students MUST Have
Monday-Friday	Monday-Friday	DOT Physical	Valid IL License
8:00am-4:30pm	6:45am-3:30pm	Drug Screen	Payment Type

Miscellaneous:

- Felons can participate in our training program. We have many students with different backgrounds, and every one of the have gone on to get a job afterwards as well.
- We do have a job placement team dedicated to helping our students find jobs once they obtain their license. They are available to all our students for life.

- The CDL exam is broken up into three sections:
- Pre-trip
- Skills (pull-ups, parallel parking, offsetting)
- Road
- The Secretary of State gives students 3 attempts per section of the CDL exam as well. However, if you fail a section a third time, you will be dropped from 160 Driving Academy's program and you will be put on a 30-day hold with the SOS.

Cost:

As far as cost goes, we have a couple ways to cover the cost of tuition. Most students go through the WIOA program. This is a completely free program through the government, it just requires a bit of leg work because they do not give you the voucher up front. Their process takes about 6-8 weeks before you can even start class.

Tuition Options:

Self-pay (\$4,995.00)

- Must be paid all upfront
- No cash accepted (can use credit/debit cards, money orders, or checks)
- Price match and payment plan available.

WIOA (Workforce Innovation Opportunity Act)

- Covers 100% of tuition
- Low income, unemployed, and/or working part-time
- Process takes anywhere between 6-8 weeks to complete

Climb Credit:

- Payments can be as low as \$215 per month (interest rates will vary)
- Applying does not affect credit score
- No bankruptcy within the last 5 years

Low Credit Alternative Loans:

- Does not impact credit to apply
- Will lend as low as a 520-credit score Up to \$11,000.00 (for most - with 520 credit score)

Some examples:

www.upstart.com

www.onemainfinancial.com

www.bankrate.com

www.creditninja.com

www.personalloans.com

Delayed repayment (up to 3 months after loan funding)



As I said before, my main goal is to provide everyone as much information as possible and hopefully a little inspiration as well. There are many of us that feel like our lives are over with when it comes to making good money, and doing it the legit way, but that's literally the furthest from the truth. How I gained a lot of the information that I have has been from picking up books, browsing through almanacs and finding addresses to write people, companies, and anywhere else I had the desire to get some information from. Remember, before anyone can take you serious, you first need to take yourself serious. I hope this has been helpful for everyone. Just a little F.Y.I., trucking is not a gender-based thing. There are plenty women in the trucking industry and they are most definitely out there paving the way for women who are looking to pursue a career in trucking. I truly wish there was a way for me to find us all guaranteed ways to our own individual success in life, but being that I can't, I'm hoping that I'm able to help as many of us that I possibly can with giving "all of us" the motivation and inspiration we need. There will be times that you may not receive responses from some of the places you write, and that's fine. That definitely doesn't mean give up, it means go another route, try something else. Remember that you are your own captain of your ship, and only you can navigate its course. As always, I leave you all with love and well wishes!

THE MARKET CORNER

Staying The Course

By: Robert "Bulldog" Kennedy



At the time of this writing the stock market is trading in “**bear market**” territory. A bear market is frequently brought on by the anticipation of declining economic activity and rising interest rates. **The Federal Open Market Committee, (FOMC)** sets interest rates and credit policies for the **Federal Reserve System**, commonly known as “**The Fed**”. The FOMC has 12 members and this committee decides

whether to **increase or decrease** interest rates and are **closely** watched and interpreted by economists as well as stock market analysts who try to predict whether “**The Fed**” is seeking to tighten credit to **stimulate** the economy. **Inflation** is at a **40 year high**, so “**The Fed**” has been **raising** rates, (after almost a decade of **near zero** rates) to try and **slow down** consumer demand to **match** supply **without** causing a recession. A “**recession**”, is defined by many economists, as a downturn in economic activity of at least 2 consecutive quarters in a country’s **gross domestic product (GDP)**. Many economists say we **already** fit this criterion. As you know, our supply chains have been affected significantly by many factors, including but not

limited to, ongoing **Covid-19** lockdowns in China, the **Russian invasion of Ukraine**, the **rise in energy** prices and the **strengthening** of the **US dollar**.

Company's stock prices are being **revalued** due to these factors as **liquidity** is leaving the market as well as **negative views** on upcoming quarterly earnings reports. The stock market is a "**forward**" looking mechanism. If there is a recession, or if we are **already** in one, the economy **slows** down, the consumer **doesn't** spend as much, and businesses are affected, therefore stock prices **decrease** in value. So, **what does all this mean?** In **my opinion**, these are actually **buying opportunities** being created and how **wealth** is obtained. Stocks **don't** always just go up. Bear markets occur and are simply a **normal** part of the market correcting itself. Stocks get **overbought** in bull markets and are **oversold** in bear markets. Sometimes, "the **baby** gets **thrown out** with the **bath water**." In other words, people are **selling** stocks for a **variety** of **unknown** reasons, and this could be your **opportunity to buy** some really **good companies** at incredibly **low prices**. It's sort of like buying stocks on **sale**. It's **difficult** to determine when the market hits its **bottom**. Just realize, that when the time **finally arrives**, the market often **bounces** back **very** strongly. If you are **patient, disciplined** and **consistent** in your **long term** investing, your **dollar cost average** will be very **respectable**. **Remember**, you want to **buy low and sell high**. It's just **hard** to **keep buying** stocks when the price is **steadily dropping**. It requires **intestinal fortitude**. There are **plenty** of ways to make **profits** using "**call**" and "**put**" **options**, as well as buying good **dividend** paying stocks that literally **pay you while you wait**. The **key** is, **don't** give up, **stay invested** in **good** companies. **Eventually**, the stock market will **reward** you handsomely, so **stay the course!**

Remember, fortune favors the brave.

I hope you come back and hang out with me at the

"Market Corner"!

WIN OR LEARN BY WARNISNG

There I was on my back after having just been tripped and tossed in the air and slammed to the mat. My opponent moved to side control and to mount within seconds. We hand fight for grips for a brief period and then my left arm goes high for a collar grip and he forces it to the ground and moves in for an arm triangle. As I lay there grasping for breath, I come to realize that this definitely is not where I pictured myself being 3 minutes in to my first match at my first jiu jitsu competition. But there I was getting submitted by a guy that had something with onions for breakfast! In those few seconds from when the triangle was locked in to when I had to make the decision to tap, a thought went through my mind, is this really what I've spent the last 6 months training for?



Oddly the answer to that thought is a resounding "yes"! Now granted when I registered and prepared for the tournament I never imagined going 0-3 on the day and getting submitted in each match. For the last few weeks of training I've been lifting, working on mobility, watching what I eat (not too well though, as I gained 8 pounds trying to lose 2) and watching videos to learn technique and strategy for the tournament. You know no one had a video posted on YouTube of their first tournament experience where they lost. Odd how on social media most people only post and talk about their highlights but that's another article. In that moment, struggling to breath in the onion filled air, three ideas began to come clear as tunnel vision set in.

Number 1 in the face of my loss I knew this would be a great opportunity to learn. Not only did I have the minutes

WIN OR LEARN BY WARNISING

of on mat experience of my own to go back and dissect to see where I felt I went wrong and things I needed to work on but I could also lean on my coach and teammates that were watching to see what they saw. I had so many questions going through my head at the end of the day that I was able to make pages of notes that I'm now going back through to find answers. Most of the time when we have success we don't look back at the situation to see what things we may have done wrong and see where we could improve, we are wrapped up in the moment of success, enjoying that moment! Loss is a great time to look at what went wrong and where you can improve. In the loss I know I may not have been the best that day, but I'm seeing how I can be better than I was that day!



Number 2 a loss does not equal failure! No one goes into a situation with the hope to not succeed and losing is probably not your goal but just because you did not have success or meet your goal does not mean you failed. True failure comes from quitting not a loss! Even though I was bested on that day, I was back on the mat Monday night learning and getting better. I'll continue to work on the places I lacked during the last tournament to continue to get better. I will be back on the mat and will enter another tournament where I will probably make other mistakes but I won't quit!

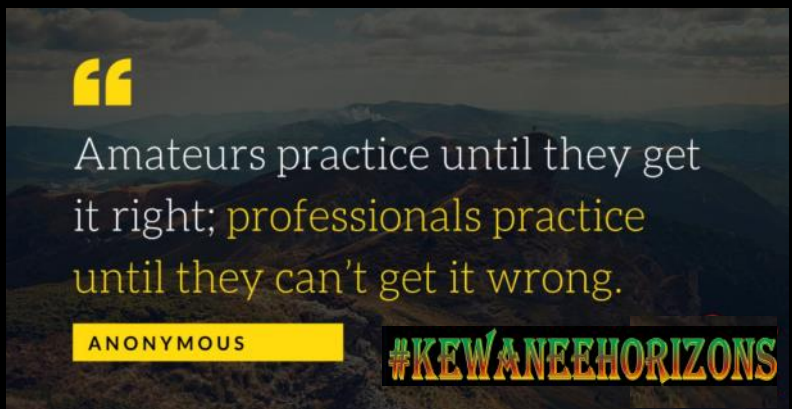
Lastly, for me jiu jitsu has never been about the number of "W"s or "L"s in a record. Jits is that thing for me right now in life where everything else just kind of melts away and I'm left with just me and the mat. It gives me the perfect moment to be just in that moment! There is something about having someone that smells like onions (I am a little caught up on that fact) choking you in



WIN OR LEARN BY WARNING

arm triangle that will make worries about work, bills, the dishes that need to be washed, etc. just melt away. This is the one thing I can not put a price tag on, as the world gets busier and busier filled with technology, social media, and just never feeling like there is enough time, it is so important to find that thing for you that makes time slow down, that makes the rest of the world just melt away and lets you live in that moment and just enjoy. Now just a quick disclaimer that I feel obligated to throw in at this point, whatever your thing is make sure it is a positive thing. Reading, writing, working out, art, anything creative are all positive ways to be mindful and in the moment.

There is a story about Kobe Bryant and how when he was still playing with the Lakers, they were playing the Miami Heat. The game came down to a last second shot with the Lakers down by one. Kobe had a clear shot for the elbow and took it. The shot went off the rim and the Lakers lost. Following the game as the rest of the Lakers went out to enjoy the rest of the night in Miami, Kobe stayed on the court for four hours practicing that shot from the elbow. That is what made the Mamba great, he always took a loss or miss as an opportunity to learn, he never quit striving to get better and he really knew how to be present in the moment. There is a quote I've been hearing a lot lately, "Amateurs practice until they get it right; professionals practice until they can't get it wrong!"



Do's & Don'ts Of Resume Writing:

By Antonio Aguirre and the Jobs-Partnership Cooperation

JP-Human Resource Director's Notes:

- Job Objectives, Experience And Skills Should Be:
Tailored to the Specific Jobs You're Applying For
- Try Not To Use: **The "I" Or "We" Words**, In The Resume
- Use **"Bullets"** and/or **"Short Phrases"** Instead Of Sentences
- Focus On Immediately Listing Your Skills And Certifications
- Keep Text Size At **11 Or 12**
- Fonts Preferred: Times New Roman And Calibri
- Make Skills Begin With **"Verbs"** , For Example: Oversaw, Managed, Proficient, Earned, Etc...



- When Mentioning Previous Employers:
Provide Accurate Address and Phone # for Easy Verification
- Job Duty Descriptions, Under Each Employer, Should Be Done: As Concise **Bullets**, Instead Of **Sentences** The Order Of Employment, Education Or Accomplishments Should Start With The **“Most Recent One First”** Then Work Backwards In That Order
- Always Include Cities And States With Dates
- Provided References Upon Request Or In The Cover Letter
- A Resume Should Be 1 To 2 Pages Long (Preferred Max)

Remember:

Resume building and formats are always changing and improving. These are key points to help you decide which resume style best fits your objectives, good luck and happy job hunting!

Please look at my example on the next page:

(FOR EXAMPLE)

JUAN DOE

2021 KENTVILLE RD. KEWANEE, IL. 61443

My Motivation Comes From Persevering Thru Life's Many Adversities; Developing Core Traits And Skills That Transferred Into The Proficient Ability To Quickly Implement Solutions To Various Issues In The Work Place And In Life!

SKILLS & CERTIFICATIONS

SALES, CUSTOMER SERVICE & MARKETING FIELDS

- Exceptional Customer Service, Sales, Marketing And Problem Solving Skills
- Administrative Support: Scheduling, Transportation, Meet/Greets, Contract Negotiations
- Positions Held: Waiter, Grill Man, Bartender, Caddy, Dog Walker, Telemarketer, Car Detailer

CONSTRUCTION, INDUSTRIAL & TECHNICAL FIELDS

- Laborer, Landscaper, Framer, Drywall And Tile Installer, Painter, Roofer
- Proficient Warehouse Experience – Task Performed: Filled Orders, Loaded/Unloaded Trucks, QC
- Positions Held: Assembler, Dock Worker, Machine/Forklift Operator, Truck Driver, Welder

CERTIFICATIONS

- Fed-Ex And UPS Shipping Software - Entwine Couture Incorporated (2014)
- Forklift Training Program (Gas/Electric-Standard) - Ivy Tech College (2010)
- Occupational, Safety And Health Administration - Ivy Tech College (2010)

EDUCATION

- Jobs Partnership Graduate - In Affiliation With Heaven's View Christian Fellowship And ICC (2022)
- Defy Ventures Graduate, "CEO of YNL" (Entrepreneurs in Training) Program, In Affiliation with the Drucker's School Of Management From Claremont Graduate University Kewanee, IL (2022)
- Ivy Tech Community College - Industrial Technology Los Angeles, CA. (2000)
- Purdue/Indiana Universities - Communication/Marketing -105 Credits (ND) Indianapolis, IN.(2000)

ACCOMPLISHMENTS

- Best Tech Award: Exceeded Build Quota Expectations – Microolution (2011)
- Dean's List Recognition: For Maintaining A 3.5 GPA (2) Consecutive Years - Ivy Tech College (2010)

EMPLOYMENT

OPERATIONS MANAGER

Entwine Couture (Natural Hair Care) - Chicago, IL. 2013-14

- Managed The Warehouses Day-To-Day Operations And Its Employees, Performed Customer Satisfaction Inquiries, Sales And Payroll
- Supervised Packaging, Shipping/Receiving Docks and Truck loads, Trailer Inspections, Inventory,
- Received A Promotion And Raise After One Year Of Employment Based Upon My Job Performance

RECEIVING SUPERVISOR

Bay Valley Foods (Kosher Pickles) - Chicago, IL 2011-2013

- Supervised Dockworkers And Daily Shipments On Receiving Docks
- Verified And Inspected Invoices, Bill Of Ladings, Cargo Seals And Inventory
- Daily Reports To Headquarters Of In-House Stock Inventory and Alerts for Delivery And Status

ENGINEERING TECHNICIAN

Microolution (Machine Builders) - Chicago, IL 2010-2011

- Manufactured High-End, Computer Numerical Controlled Machines - (M626)
- Duty Entailed: Soldering And Wiring Of Electrical Components, Assembly Of Pneumatic, Hydraulic And Power Fluid Systems, Metal Fabrication And Welding, Quality Control Inspections And Testing

OWNER / CEO

Chicagopartyservers.com (Event Planners) - Chicago, IL 2010-2014

- Virtual One-Stop Shop, Event Planning Company Offering A Quick And Easy Guide For Customizing
- Providing A Network Of Businesses Offering A Variety Of Options To Meet Specific Party Needs
- Services: Transportation, Catering, Bartenders, Servers, Entertainment And Venues Vetting
- Complete Stress And Hassle Free Policy For Setting Up, Tearing Down And Cleaning Up After Event

FORKLIFT OPERATOR / ASSEMBLY LINE LEAD / QUALITY ASSURANCE INSPECTOR

Samsreen Automotive (Dakota Logistics (UAW Union :: Automobile Manufacturers) :: Chicago, IL. 2008.

- Certified Forklift Operator Responsible For: Unloading And Loading Trucks On The Receiving Docks
- Staged And Verified Products Before Placing It Into Inventory And Restocking The Production Lines



KEWANEE HORIZONS

VOLUME 27



BLACK HISTORY MONTH



KEEPING MY HEAD UP

By: Katlyn Clayton @ Logan C.C.



Hello Kewanee Horizons!

Let me introduce myself... my name is Katlyn, 31, down for 5 years .. Currently camped out in a Covid-19 housing unit and thought I might try my hand at writing!

Well, this year started out rocky. My third go-round with Covid left me with a bitter taste worse than instant coffee.

Doing my best to keep my head up, ignore the clock & act right. In hopes that one day I'll finally make up for my past life. What am I supposed to say?

Twenty minutes isn't long enough to show you I'm not the same... Of all the things I've ever wanted to be, the only one I really need is change. I can hear it in your voice, and I don't want you to wonder... one thing prison taught me is how to talk a good game...

But now my memories haunt me like the ghost of a good thing, no, my plan for the future isn't quite nailed down yet.

I only know the girl that left home won't be coming back. And for the first time ever, I'm finally okay with that.

I shook off the demons but they left scars on my back. So now when I call, I'm on a different kind of track...

I want to say all the things that would make the wait worth it. I want to take it slow, and notice all the things I over-looked. I want to prove I'm telling the TRUTH.

That I'm still me, I'm still here, and no matter where I am... I'll always be with you.

Our thanks go out to Ms. Clayton for writing and contributing to K.H. We always appreciate the participation of our fellow community members. Having said that, K.H. would like to make note of the fact that we are especially appreciative of our contributors when we can include a diverse chorus of voices. We need to hear from everybody, from all corners of our community. If you want to have your voice heard it is your responsibility to say something. Talk to our community about what amazing things you have going on or have witnessed from someone in our places. All voices have equity at K.H. however, we can't speak for you, you have to do that. Check out the ways to get at us at the end of each issue! Peace and respect, K.H.

MENTAL HEALTH

Our thanks again go to Mr. Kuster for his help with this page.

Grounding techniques can help control some of the symptoms that can occur post trauma. These symptoms can happen mentally, physically or both at the same time.

This grounding technique pays special attention to body awareness. Body awareness can bring you directly into the here and now by directing your focus to the sensations in your body. Thereby allowing you to reduce whatever symptoms you might be dealing with.

- 1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.**
- 2. Place both feet flat on the floor. Wiggle your toes. Curl and curl your toes several times. Spend a moment noticing the sensations in your feet.**
- 3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.**
- 4. Clench your hands into fists, then release the tension. Repeat this 10 times.**
- 5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.**
- 6. Rub your palms together briskly. Notice the sound and the feeling of warmth.**
- 7. Reach your hands over your head like you are trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.**
- 8. Take 5 more deep breaths and notice the feeling of calm in your body.**

Brain Facts

RECALLING A MEMORY

Recalling a memory is not the passive process we once thought, like playing back a recording on your phone. Instead, our brain actively reconstructs our experience from the information it has stored. This introduces the opportunity for mistakes, meaning our memories can change over time.

1) MEMORY ON CORTEX

Each time we call a long-term memory, the network of cortical neurons storing it is activated. This strengthens the connections between the cells, so it is less likely to be forgotten in the future.

2) STRONG CONNECTIONS

If we do not recall a memory frequently, the connections between the cells will weaken and the memory will fade. Memories associated with strong emotions, however, are less likely to decay with time.

REACTIVATING A MEMORY

When we recall a memory, we activate the same network of neurons that fired during the original experience, bringing it back to mind. While being recalled, the memory enters a flexible, or labile, state. This means that once we have finished thinking about that memory, it must be re-consolidated and stored again. If new information is presented while the memory is labile, it can be stored alongside old information. This allows memories to be changed or updated.

STORED MEMORIES

Most memories are stored long-term in the cortex, but you can't point to the area for your 18th birthday, for example. Each memory is represented by a network of neurons spread across the brain. Examples of these types of memories are: home life, dates, vacations, relationships, trips, and birthdays.

FALSE MEMORIES

When a memory is reconsolidated, new information is stored with the old. But when we next recall the memory, it is impossible to tell which is which. This means we can end up with false memories. Just talking about an event can change our memory of it, so in legal cases, witnesses must be questioned carefully, to avoid contaminating their memories.

1) TRUE MEMORY

Scientists asked participants to watch clips of car accidents. After each clip, they had to describe what happened and answer questions. This meant they were recalling and reactivating the memory.

2) NEW INFORMATION

Some participants were asked about the cars' speed when they "contacted" each other, while others were asked about the speed when the cars "smashed." The first group rated the cars as slower than the second group.

3) FALSE MEMORY RECALLED

One week later, subjects recalled the video again and were asked whether there was any broken glass (there was not). Significantly more people in the "smashed" group "remembered" broken glass. The words used had changed their memory of the event.

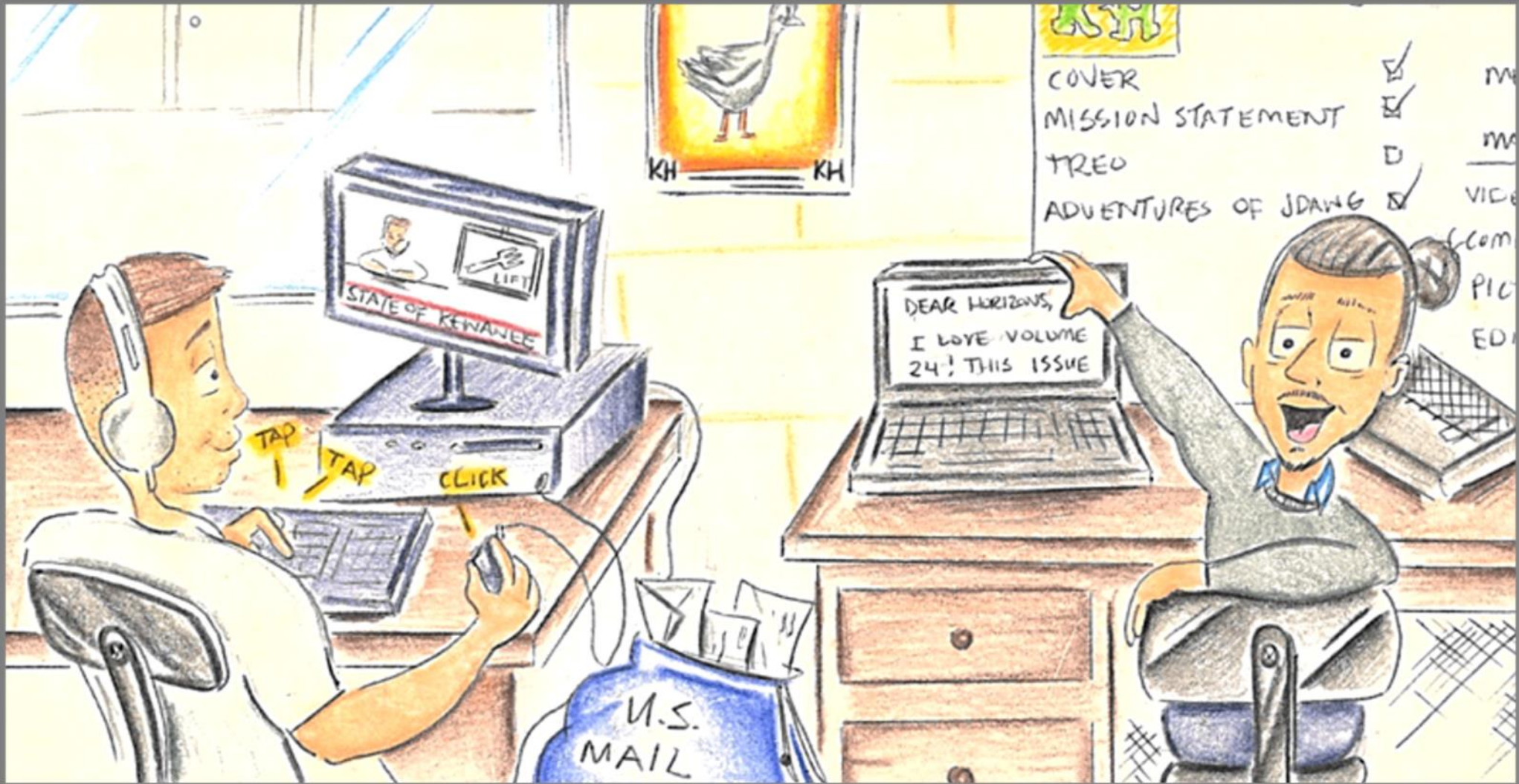
RECALL VERSUS RECOGNITION

It is much easier to recognize something as familiar when we are shown it than it is to recall the details without any input. For example, we all know what a quarter looks like, but could you draw one from memory?

WHAT IS DÉJÀ VU?

The feeling of déjà vu might arise because we recognize something in an environment but cannot recall what. This gives a vague feeling of familiarity.

THE ADVENTURES OF J-DAWG



GREETINGS TO ALL OF YOU! ON BEHALF OF OUR ENTIRE KH TEAM, WE'D LIKE TO SAY THANK YOU TO EVERYONE WHO HAS WRITTEN TO US OR RECOMMENDED THE HORIZONS TO ANYONE IN THE FREE WORLD OR SHOWN YOUR SUPPORT IN ANY WAY. WORKING ON KH HAS BEEN A PRIVILEGE AND AN HONOR. WE TRY TO PUT OUT THE BEST PRODUCT WE CAN EVERY WEEK AND IT IS ALWAYS BETTER WITH YOUR INPUT.

HOROSCOPES



Aries: Oh joy! Today you are full of marvelous, creative ideas! Not only that, you're keen to socialize and enjoy the company of everyone. Accept all invitations to party. Enjoy sports events and fun times with kids. You're wearing your heart on your sleeve!

Translation: How about you take your 'MARVELOUS' idea and 'CREATE' some burritos for you and your cellie?



Taurus: This is a great day to entertain at home and enjoy family gatherings. It's also a lovely day to explore redecorating ideas or to shop for beautiful things for your home. Many of you will explore real estate ideas either for speculation or personal use.

Translation: Redecorating in the joint means rearranging your property box layout kid, now get to work.



Gemini: This is a wonderful, upbeat day! Today you have something to say, which is why you want to share your ideas. You're full of positive energy, which makes conversations with others, especially siblings, relatives and neighbors pleasant and invigorating!

Translation: Get on the jack and for once keep it positive, yeah things could be better, but, give your people a break for once!



Leo: This is a wonderful, powerful day because the moon is in your sign getting energy from Mars while it also dances with Jupiter. (It doesn't get much better than this.) Trust your good fortune. Rally your forces and set them marching!

Translation: Really believe in it when you fill out that commissary slip... sometimes they do have what you ordered! Sometimes...



Virgo: Two different influences are at play for you today. One message urges you to seek solitude in beautiful surroundings and pamper yourself privately. The other message makes you want to go out and be seen and talk to everyone. Maybe you will do a bit of both?

Translation: You know you are going out for dayroom and ain't nothing beautiful about that surrounding, so shave up and go holla at cha family on the phone, that is about as close as you'll get to this one.



Libra: You are a social sign and today is a fabulous day to socialize with others. In particular, you will enjoy time spent with friends as well as any kind of participation in groups, clubs, classes or conferences. You have lots of energy to interact with others, and you have something to say.

Translation: Join a group or start a book club, do something social to better yourself, if they have something where you're at. If not, try to get something going that is positive. Make positive life choices.



Scorpio: You make a great impression on everyone today, which is good because people notice you today. In fact, some are discussing personal details about your private life. Fortunately, you are confident about whatever happens. You look good in your job! Enjoy work-related travel.

Translation: Work related travel? You taking out the trash to the dumpster or something? That is as close to work related travel as we get sometimes.



Sagittarius: Grab every chance to get away and do something different today. If you can travel, by all means get outta Dodge. You will also be stimulated by the adventure of learning something new and meeting people from other cultures. Do whatever you can to expand your world!

Translation: I guess you might be able to go out and shovel snow sometime this month? Does that count?



Capricorn: This is an excellent day for financial discussions. It's also a good time to deal with disputes about shared property, inheritances or insurance matters because you will likely come out smelling like a rose. Good fortune is with you. Sometimes a favorable deal is all about timing.

Translation: If you ask real politely, your little bro might run your bag through the roof. You know you owe him for that and you got him on something nice at some point in the future.



Aquarius: This is a great day to socialize with others. You will enjoy talking to partners, close friends or members of the general public. In fact, you might attract someone who is very energetic. Great day to enjoy sports, the theater, luncheons, entertaining diversions and fun times with the kids.

Translation: It sounds like you might get a visit. Still got the partitions up though.



Pisces: Relations with coworkers are excellent today. People are upbeat, warm and generous. In particular, others will respond in a positive way to your positive energy by wanting to please you. Certainly, they will listen. You might see ways to boost your income or get a raise!

Translation: Now might be the time to try and put a word in for one of those fancy industry jobs!



Cancer: This is an excellent day for business and commerce. Look for ways to boost your income. If you are negotiating a financial deal, be confident that you can ask for a little more or expect the best because you just might get it. If shopping, you'll be pleased with your purchases.

Translation: They haven't run commissary in so long they're trying to sell out of that stale popcorn so they took the limit off it? Go for it.

STATEWIDE CALLOUT

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

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!

STATEWIDE CALLOUT

MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

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

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

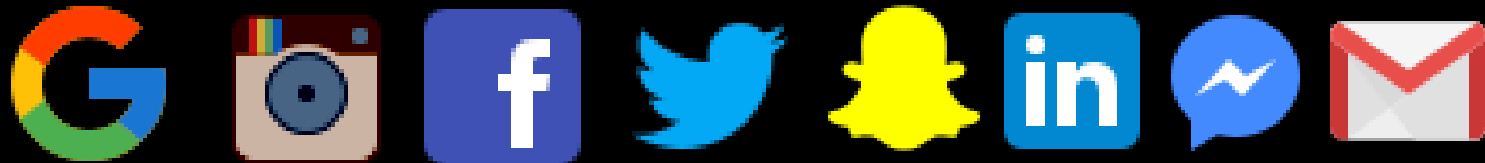
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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#KEWANEEHORIZONS

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