

KEWANEE HORIZONS

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

BLACK HISTORY MONTH

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.



Every 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:

Quincy Jones

Many words can be used to describe Quincy Jones, but let's start with innovator. Others that work: producer, writer, arranger, composer, and humanitarian. He has had an impact on music and popular culture for six decades, helping make some of the best-selling albums of all time.

Jones is responsible for a number of firsts in music, movies, and television, and has paved the way for other African Americans in the entertainment industry. In 1967, Jones became the first black composer to be nominated for two Academy Awards within the same year. In 1971, he was the first black musical director and conductor for the Oscars show. And in



By: Marcus Harris

1995, Jones was the first black person to receive the Jean Hersholt Humanitarian Award from the Academy of Motion Picture Arts and Sciences. Jones has earned seventy-nine Grammy nominations, has collected twenty-seven Grammys, and was honored with a Grammy Legend Award in 1991.

He produced all three of Michael Jackson's iconic albums—Off the Wall, Bad, and Thriller—the last of which sold more than thirty-three million copies in the United States alone. In 1985, Jones sealed his reputation as a humanitarian by gathering more than three dozen of the biggest names in music in one studio to record the song “We Are the World.” The song raised money for famine relief in Africa and is one of the highest-selling singles of all time.

Jones's influence extends across many media. In 1993, he founded Vibe magazine, an entertainment publication that gave urban Generation Xers a periodical that reflected themselves.

Michael Jordan (1963-

In 1978, Michael Jordan was a sophomore in high school and didn't get picked for the varsity basketball team. That setback helped create a ruthless competitor who went on to become one of the most dominant athletes in any sport.

Jordan accepted a scholarship to the University of North Carolina at Chapel Hill, where he played for three years. He scored the game-winning basket to clinch a national championship in his freshman year and swept all the national player of the year awards in his junior year. In the 1984 NBA draft, the Chicago Bulls selected him third overall.

Jordan is regarded by many as the best player ever to touch a basketball. His six NBA titles and six NBA Finals appearances with six NBA Finals MVP Awards are among the greatest feats ever seen in sports. He's won five league MVPs, ten league scoring titles, an

NBA Defensive Player of the Year Award, two NBA Slam Dunk Contest trophies—and the list goes on.

He turned Air Jordan into a billion-dollar brand for shoes, clothing, and accessories. Jordan left basketball at the peak of his playing career to play minor league baseball. When that didn't go well, he announced his return to the NBA with a two-word fax that read, "I'm back," and went on to win three more championships.

After his playing day ended, Jordan became the majority owner of the Charlotte Hornets, the first former player to reach that level. And in 2016, in a rare public statement on social justice, he said he could "no longer say silent" about the killings of African Americans and targeting of police officers, making a two-million-dollar donation to help address the problem.

Ruthless, relentless, and peerless. That's the Jordan way.

Martin Luther King Jr. (1929-1968)

In April 1963, Martin Luther King Jr. sat in a jail cell in Birmingham, Alabama. He had been arrested for leading marches and sit-ins to protest racial segregation and was troubled when a group of white ministers criticized the protests.

King responded to them with the famous "Letter from a Birmingham Jail." In this letter, originally written on scraps of paper, he described the racial and economic apartheid facing blacks in the United States. He tried to encourage the people who worried that the fight against segregation would never succeed. And he dismissed those who thought good behavior was more important than justice.

A Baptist minister, King practiced nonviolent protest. But he was committed to radically changing how America treated its black citizens. Later that year, King helped organize the March on Washington, which brought 250,000 protesters to Washington, DC, de-

manding equality for all Americans. Standing in front of the Lincoln memorial, King delivered his “I Have a Dream” speech, one of the most famous addresses in American history, in which he talked about his hope that one day whites and blacks could join hands as equals.

King was a man of incredible achievement: He was president of the SCLC, one of the most important groups in the civil rights movement. He helped lead the Montgomery bus boycott, which forced the city to integrate its buses. In 1964, he won the Nobel Peace Prize.

In 1968, King went to Memphis to support a strike by sanitation workers and was shot to death by a sniper. After his assassination, a federal holiday was created in his honor. And like George Washington, Thomas Jefferson, and Abraham Lincoln, there’s a monument dedicated to King in Washington.

Henrietta Lacks (1920-1951)

Henrietta Lacks was an accidental pioneer of modern-day medicine. She was thirty-one years old and had five children when she was diagnosed with cervical cancer. Just months before her death, doctors at Johns Hopkins Hospital in Baltimore took pieces of tissue from her cancerous tumor without her consent. Lacks was not a slave, but parts of her cancerous tumor represent the first isolated human cells ever bought and sold.

Her cells, known among scientists as HeLa, were unusual in that they could rapidly reproduce and stay alive long enough to undergo multiple tests. Descendants of Lack’s cells live in laboratories across the world and are worth billions of dollars. They played an important part in developing the polio vaccine, cloning, gene mapping, and in vitro fertilization. The HeLa cell line has been used to develop drugs for treating herpes, leukemia, influenza, and Parkinson’s disease. The cells have been influential in the study of cancer, lactose digestion, sexually transmitted diseases, and appendicitis.

While scientists knew her name, for many years her own family did not know how her cells were being used or that billions of dollars had been made because of those experiments. It wasn't until a writer named Rebecca Skloot started a book about Lacks and the HeLa cell line that the public learned what had happened and how little her husband and children knew about her legacy.

Her cells are saving lives today, but no doctor can be proud of how Lacks was treated.

Malcolm X (1925-1965)

Malcolm X was the American dream, whether America wanted him to be or not. He overcame drug addiction and a life of crime to become one of the country's foremost civil rights leaders and a champion of black pride.

Born Malcolm Little, he converted to Islam while serving a seven-year prison sentence for burglary. He changed his name to Malcolm X because Little was the name imposed on his father's family by white slave masters. Less than two year after his release from prison, he became a minister at Nation of Islam temples in Boston, Philadelphia, and New York.

In 1957, Malcolm X founded the Nation of Islam newspaper Muhammad Speaks. For a time in the 1960s, it was the most widely read black newspaper in the United States, and it enabled him to spread his revolutionary message of black pride. Malcolm X's theories became the blueprint for the Black Power movements of the '60s and '70s, and he is also credited with inspiring the idea that "black is beautiful."

Although he'd been known for segregationist views and accepting violence in the quest for equality, Malcolm X took a more diplomatic stance after he left the Nation of Islam in 1964. He began to preach peaceful resistance and the benefits of integration. But that stage of his life was brief because he was assassinated by members of the Nation the following year at the age of thirty-nine.

The Autobiography of Malcolm X, which was published after his death, became an immediate bestseller. It is essential reading for any American.

Thurgood Marshall (1908-1993)

By the time Thurgood Marshall was nominated to be a Supreme Court justice in 1967, few lawyers in history had argued, and won, more cases before the nation's highest court. Marshall had racked up twenty-nine wins (and just three losses), including his most famous victory, *Brown v. Board of Education*, the 1954 decision that forced public schools to desegregate.

Marshall is arguably the most pivotal figure in the destruction of Jim Crow segregation and the most consequential lawyer of the twentieth century. While other civil rights leader organized vital sit-ins, marches, and boycotts, Marshall attacked inequality and racism in America's laws. As the NAACP's lead attorney, he traveled the South, filing briefs in local courthouses, representing poor black defendants in criminal cases, and doing battle against racist white juries and judges.

Marshall traveled fifty thousand miles a year, often alone in some of the nation's most dangerous cities and towns. He stayed in the homes of appreciative black folks who took elaborate steps to keep him safe and a step ahead of marauding Klansmen. He managed to maintain his strength amid daily death threats, sipping bourbon and telling stories.

He feared no one—including his colleagues on the Supreme Court, with whom he occasionally clashed during his twenty-four years there—and was a tireless fighter for justice.

It was fitting that Marshall was called Mr. Civil Rights. Across the South, when innocent men were jailed or families were forced to flee from homes destroyed by the Klan, people comforted themselves with two words: "Thurgood's coming."

Toni Morrison (1931-2019)

Toni Morrison, the daughter of a welder and a domestic worker, said her parents gave her a love of reading. She grew up to be one of the greatest writers in history and was the first African American to win the Noble Prize in Literature.

Morrison taught English to college students for several years before moving to New York, where she worked as one of the few black women at the upper levels of a book publishing company. She helped promote the work of black writers and was one of the primary editors of *The Black Book*, a path breaking 1974 collection of photos, songs, posters, and drawings that documented the joy and pain of the Africans brought to America and the generations that followed them.

Morrison also wrote her own novels, which told the stories of African American characters, especially women, struggling to find their way in a racist society. Her first novel, *The Bluest Eye*, was about a dark-skinned girl who thought her life would be better if she could have blue eyes.

Her 1977 novel, *Song of Solomon*, became the first work by an African American author in almost forty years to be a featured selection of the Book of the Month Club. Another novel, *Beloved*, won the Pulitzer Prize for Fiction and was turned into a movie starring Oprah Winfrey. It is based on the true story of a runaway slave who, about to be recaptured, kills her infant daughter rather than have her live as a slave. In 2012, Morrison was awarded the Presidential Medal of Freedom by Barack Obama.

Barack Obama (1961-

Barack Hussein Obama's stride into history has been as confident as it has been unlikely.

He announced his candidacy for president on February 10, 2007, as a first-term U.S. senator who previously had served just seven years in the Illinois Senate. He had little

support from established politicians, and many black voters did not even know who he was. But his campaign became a movement. His soaring speeches promising hope and change inspired millions. Less than two years later, a record crowd gathered on the National Mall to witness what was once unthinkable: the inauguration of the first black president of the United States.

It was a singular achievement by a man with a singular history. Obama was born in Hawaii to a Kenyan father and white mother. As a child, he lived in Indonesia before returning to Hawaii to be raised by his white grandparents.

As a teenager, Obama began to discover his black identity largely through basketball. He admired and emulated the loose-limbed swagger of the guys who played the game. He saw black as cool, and he embraced the virtues of blackness while managing to sidestep much of its complicated baggage.

Through two terms as president, Obama oversaw economic growth, rescued the struggling auto industry, and enacted a historic health care reform law. Speaking to the nation in his farewell address, Obama used the slogan that accompanied his history-making rise to the White House: “Yes we can,” he said. “Yes we did. Yes we can.”

Jesse Owens (1913-1980)

As a twenty-one-year-old college student, James Cleveland “Jesse” Owens turned in what is probably the greatest day in sports history in less than an hour. Owens started his afternoon at the Big Ten Track and Field Championships in 1935 by tying the world record in the 100-yard dash. Ten minutes later, he set a world record in the long jump. Over the next half hour, he broke world records in the 220-yard dash and the 220-yard low hurdles. Remarkably, he had fallen down some stairs a few days before and badly hurt his back.

The next year, Owens used his speed to beat racism. Heading into the 1936 Olympics

in Berlin, Adolf Hitler, the German dictator, claimed that no dark-skinned person could compete with the blond-haired, blue-eyed “Aryan master race.”

Owens almost didn’t make it to Berlin because the United States had considered boycotting the Olympics over Hitler’s treatment of Jews, but many African Americans opposed a boycott, yearning to prove their ability on a level playing field. Owens emerged as the biggest star of the Olympics, setting or equaling records in the 100-meter dash, the 200-meter sprint, the 400-meter relay, and the long jump. German crowds enthusiastically applauded his performances, deepening Hitler’s humiliation.

Owens returned home to the oppression of Jim Crow, pointing out that while he didn’t shake hands with Hitler, he wasn’t invited to shake hands with the American president either. Lacking a college degree, forced through back doors and to the backs of buses, Owens subsisted on low-paying jobs such as pumping gas and demeaning public appearances such as racing against horses.

Still, Owens’ victories not only shattered the myth of white athletic superiority but also established a black man as a hero for America and one of the greatest athletes of all time.

Gordon Parks (1912-2006)

Born in Fort Scott, Kansas, Gordon Parks bought his first camera at a pawnshop and taught himself how to use it. He made a name for himself while working at the Farm Security Administration, a government agency that was fighting rural poverty. He went on to become the first African American photographer on the staff of Life magazine and produced some of the best photo essays the world has ever seen, from showing what it meant to be black in America to telling the story of a twelve-year-old in the slums of Rio de Janeiro. He said that the camera was his weapon against racism and poverty.

Park’s work for Vogue in the 1950s changed the expectations of what an African

American photographer could be doing. He went to Paris, Cuba, and the streets of New York City, creating pictures that showed the world of high fashion that few people of color had been able to reach.

Parks was the first African American director of major motion pictures, starting *The Learning Tree* in 1969 and *Shaft* in 1971. These movies helped to increase the number of jobs for African Americans in films, from actors in front of the camera to producers and directors behind it. Parks wrote nearly two dozen books on subjects ranging from poetry to photography.

Parks' work transformer how later generations of black artists, photographers, and musicians saw themselves and the world, opening their imaginations to storytelling through pictures on the black experience.

Sidney Poitier

In 1964, Sidney Poitier became the first African American to win an Academy Award for a leading role. In *Lilies of the Field*, he played a handyman who encounters a group of German, Austrian, and Hungarian nuns who believe that he's been heaven-sent. Some may say the same about Poitier's career. Poitier challenged Americans to change their idea about what a movie star looked like.

He starred in three important films in 1967 that centered on race and race relations. *In To Sir, with Love*, he was a teacher dealing with racial and social issues at a school in London. *In the Heat of the Night* introduced a black detective who was investigating a murder in a small southern town. And *Guess Who's Coming to Dinner* addressed interracial relationships in the same year that the Supreme Court overturned a Virginia law that prohibited blacks and whites from marrying each other.

Although he was born in Miami, Poitier grew up in his parents' native Bahamas. After a brief stint with the U.S. Army during World War II, he joined the influential American Negro Theater in Harlem and soon afterward started to appear in movies.

Poitier understood the importance of having someone who looked like him step behind the camera, too. He directed several important movies for black folks, including Uptown Saturday Night and Let's Do It Again (both of which he also starred in) and the comedy Stir Crazy, which featured the ebony-and-ivory pairing of Richard Pryor and Gene Wilder. Among his many honors, Poitier was awarded the Presidential Medal of Freedom by Barack Obama.

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

AN APOLOGY



K.H. WOULD LIKE TO TAKE A SECOND TO CORRECT A MISTAKE FROM VOLUME 26. THE MAN PICTURED HERE IS **MR. SHARDON GAY**. WE HAD HIM MISTAKENLY LISTED AS MR. GRAY. THERE ARE MANY MOVING PARTS TO EVERY VOLUME OF K.H. AND AS WE KNOW, SOMETIMES MISTAKES GET THROUGH UNCHECKED. IT HAS HAPPENED BEFORE AND I AM SURE IT WILL HAPPEN AGAIN. WHEN POSSIBLE WE'D LIKE TO MAKE IT RIGHT.

BLACK HISTORY MONTH

NOT ENOUGH

By: Johnny Holmes

What does Black History Month mean to me? Honestly, I believe it is an insult. It is a pacifier in the mouth of our ancestors. From centuries of captivity, to the civil rights movement, to “I can’t breath”. The cries of so many African American men and women, echoes throughout eternity. So many died, fighting a system that was created for them to fail. A system that has evolved to whatever was accepted by the public while maintaining its true identity; keeping us in bondage. Black History Month, to me, is a reminder of how the colonizers really saw/see us. The truth is in the numbers. Its’ hidden in plain sight. They gave us one month out of twelve to celebrate our history, which just so happen to be the shortest month out of the rest of the year. Only 28 days out of the 365. **7% out of 100** (think about that). This is the only time set aside for my people is an insult. It mirrors the change, the wealthy man gives to the poor man. The poor man leaves, joyful, why...because it’s more than what he had and the wealthy man, with little to no sacrifice, leaves feeling like he just did the poor man a favor. Black history month, in my honest opinion, is in desperate need of an upgrade. 7% in 2023 is not going to cut it!! Our history has outgrown the month of February. Its time our history to get the platform it deserves.



BLACK HISTORY MONTH

WHAT'S YOUR STORY? WINS AND LESSONS

ELBERT CONWAY @ DIXON C.C.

You should endeavor not to be boxed in by other people's opinion of you. We are all human beings capable of mistakes, bad judgement, and bad decisions; however, that is not the sum total of our capabilities. You are the master architect of your life and legacy. Remember this: when you pass away, the dash on your tombstone in between your date of birth and the day you passed away will represent the story of your life. That tiny dash will represent your life story for generations to come, which is why there is no better person to write this story other than you. So I am asking, "What's your story?"



At my sentencing hearing, the Judge had told me that he did not believe I was capable of rehabilitation. What if I had allowed his opinion to hinder my aspirations and transition of becoming a better person in all areas of life? I probably would not have learned **I AM** the author of my life story, huh? This experience has taught me that life is not about wins and losses. Life is about wins and lessons.

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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.

BLACK HISTORY MONTH

FINANCIAL LITERACY

By: Kenji Haley



Hujambo! (“Hello” in Swahili) and welcome to the Financial Literacy “Peer-led” Group Business Credit article. The goal is to give you the information that some of you may be looking for as it regards to business credit and other tidbits. Furthermore, for those of you who have been waiting to see if it is possible for you to prepare your business for the future and have the tools, well here we are. I hope that I can provide the necessities to get you started and to break down so barriers to entry. I will have a lot of information, so please bare with me and I would like to also respond to any questions from you out there, related to business credit. We’ll get the details to you later on that, so let’s start off by understanding ***The Difference Between Personal Credit and Business Credit (Part I)***.

Credit is one of the most financial tools needed to grow wealth. But there are two types of credit that are, in some ways intertwined: Personal Credit and Business Credit. By some terms, Personal Credit is just that, personal. It is used to get credit cards and to be approved for loans and the like, whereas Business Credit has some of the same concepts as Personal Credit, but they give entrepreneurs a unique opportunity to build, maintain and acquire more credit and loans as they build their own individual and business credit.

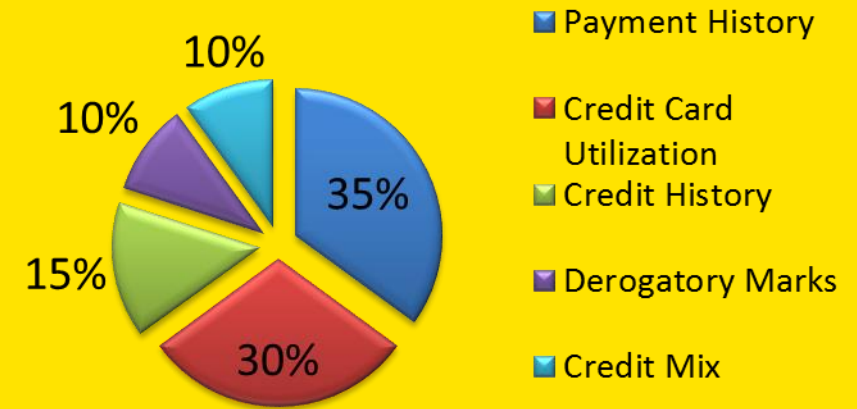
BLACK HISTORY MONTH

There are three companies that review your credit, once you get it and they are truly the “gate-keepers” of the credit score: Equifax, Experian and TransUnion. **Equifax** is the oldest of three (70 years before TransUnion). The ideal came from two brothers who owned a grocery store, where they collected customers names and evidence of credit “worthiness”. They then sold that information to other businesses to offset their own cost. **Experian** started as a automotive electronics company, known as TRW. In 1960, they started a consumer credit information bureau, collecting and selling data and were the first to start offering consumer direct credit reports in 1986. **TransUnion** was formed in 1968, in Chicago, as a holding company for Union Tank Car Company. It currently has 1 billion individual customers in over 30 countries.

Getting personal credit is easy, but keeping it up can be quite difficult. I would like to share some of the things that can (and will) impact you as you get started with your personal credit.

Payment History: Simple, have you paid your bills on time overall? As you see, this accounts for one-third of your credit score. When you are available to apply for credit, remember this is one of your “make-or-breaks” to keeping good credit.

Personal Credit - Explained



Credit Card Utilization: This is the second-largest responsibility when it comes to your credit. This is big as to how much you charge at once. **RULE:** Never spend more than 30% of your max on a single purchase.

Credit History: How many cards do you have? This is important as having cards are good, but having too many too soon could be bad as we will discuss later. (Keep in mind that some cards **require** you to use them within a certain timeframe and if you don't they will charge you. Crazy right?)

Credit Mix: Like fine wine, the longer you have a card, the better you will be appreciated by the companies you apply to get credit from. This will take some time, but will truly help in the long run.

Derogatory Marks: If you cannot make payments on a card because you either don't have the money or emergencies, you will get a mark. Please note that these add up quickly and will knock your score down like Donkey Kong throwing barrels off of that steel structure!

Lastly, remember about the amount of cards you get? 90% of the time that you apply for a credit card, companies do a "hard pull", obtaining your credit information and when this happens, it can (and usually does) reduce your credit score. It is not much, but get 4 credit

FICO CREDIT SCORE (COURTESY OF CreditKarma)

EXCELLENT	751-850
GOOD	700-750
FAIR	640-700
POOR	580-639
BAD	300-579

checks for a car on the same day and “BOOM, down goes Frazier”!!

As you start to build your credit, it will range from as low as 300 to as high as 850 (although this will require a lot of great credit). To know where you stand (may it be good, bad, or a credit ghost as I was) seek out your credit at. **www.annualcreditreport.com** (IF YOU HAVE PEOPLE IN THE WORLD TO HELP) or if you don't, contact them at:

Annual Credit Report Request Service

P.O. BOX 105281

Atlanta, Georgia 30348-5281

(THIS WILL REQUIRE YOU TO GET A FACE SHEET AND A VERIFICATION OF INCARCERATION, BUT ONCE YOU DO AND SEND IT OFF, THEY WILL RESPOND).

RULE OF THUMB: Every time you apply for a credit card (Visa™, MasterCard™, Discover® or Lowes®), data is collected to keep your information constant.

Next time we will cover the Business Credit side, the companies they use to value your credit score and how the two are intertwined.

ASK AWAY!!!

If there is a question that you have regarding financial literacy (on topic), read the information on how to contact Kewanee Horizons (on the last page) and I will do my best to show them and respond to your question. Remember, there is strength in numbers!!

(DISCLAIMER: I AM IN NO WAY A PROFESSIONAL!! I am just an Individual In Custody like you giving you the tools that I have grown to learn over time. I will do my best to give you a peace of mind: but YOU will be responsible for your actions. Thank you!!)

BLACK HISTORY TO ME: GREATNESS!



By: Tayrod Felds

It is very common to associate Black History with the pain and suffering that our ancestors endured. However, Black history is so much more than that. Black History is about acknowledging GREATNESS throughout all of History.

Black History is about finding things that have been lost and the understanding or connection and the impact to the whole world. As I sit and reflect I am humbled at the excellence that has prevailed before me. I feel as if Black History is a way of seeing myself and where my strength, intelligence and leadership qualities comes from. Although Black History refers to the past, it also puts the future into perspective and reminds me of all the Black excellence ahead of us and that we can make choices and changes today that **CAN** and **WILL** lead to being Black History.

BLACK HISTORY MONTH

THE INFLUENCE OF MUSIC



By: Kenji Haley

When it comes to music, Black musicians should be embraced by all. From the birth of Jazz to the Harlem Renaissance in the 1920's and all the wonderful acts that came after them, the "culture" has shown its prominence decade after decade. From Charlie "Bird" Parker and Miles Davis to Terrace Martin to Kamasi Washington. From Harry Bellefonte and Eartha Kitt to Teddy Pendergrass and Diana Ross. The art form has been dynamic and forever changing.

We've transformed many different paths and in every genre, from rhythm and blues to swing to country

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(Charlie Pride and Chuck Berry). For Black people, music is more of a lifestyle than just an art. The first black owned record company was called *Black Swan Records*, founded in 1927 during the Harlem Renaissance by a black businessman named Harry Pace to address the paucity of opportunities for Black artist to record and sell their music. His marketing tagline was “*The Only Records Using Exclusively Negro Voices And Musicians*”.

Others to come in opening paths for Black musicians were Berry Gordy’s *Motown*, Gamble & Huff’s *Philadelphia International Records* (Think Patti Labelle, TSOP, etc.), Sylvia Robinson’s *Sugar Hills Records*, the birth of the first hip-hop track “Players Delight” by the aptly named Sugar Hill Gang. This led to the creation of Robert Johnson’s *Black Entertainment Television* (BET), that played music videos created by Black artists and made for the Black community. The culture shifted, giving us artists speaking from the truth of the inner city and the disparities that led strife against black people and the law. Gangsta rap artists such as N.W.A., The Geto Boys, Ice-T to name a few, paved a way for those who were not in our community, learn our community and the struggles were bare.

We must not forget the 1990’s that gave us rap sensations Bryan and Ronald Williams (Baby and Slim), creation of *Cash Money Records*, and Suge Knight’s *Death Row Records*. Percy Miller (Master P) creator of *No Limit Records*, is a New Orleans artists who drew the blueprint for not just having a company, but to take it independent and succeed without the help of major labels.

Finally, this leads to Shawn Carter (Jay Z), creating *Roc-A-Fella Records* the first of many things, but more importantly, showed little black boys and little black girls the way to become not only an all-time artist, but how to take the money you made and reinvest it in

yourself and other streams of income to become raps first Billionaire.

I would be remised not to talk about the change of the culture with such influences like Nelly, DMX, Lil Wayne (an artist that has more than 25 years in the game) and Drake, an actor that found more solitude in rapping. Singers like Beyoncé, Monica, Ciara, Kelly (Rowland and Price) and so many others. Music has also gave a way for those whom were out in the streets and in bad situations to make that 180°, and give inspiration to those who are in similar situations. Artist such as Lil Durk, DaBaby, Lil Baby, Chief Keef, Gucci Mane and Jeezy gave us new terms and catchphrases that all people use.

Moreover, I'd like to say that although our culture has given us great music, there's also been many losses in the art. Tupac was one of the most prolific artist the world has ever endured. Notorious B.I.G. (Biggie Smalls) gave a rapping combining flow and style. He was one of the first rappers to preform in clothing like Versace, Gucci and Louis Vuitton. Nipsey Hussle was just starting to shine bright, although he was in the industry 15 years, and as he was ascending, his life was cut short. There are plenty of men to cover, especially in the last year, but to many of us, their music will live on.

Finally, I'd like to say for the last 404 years, we've made our lives thrive and prosper, from working in the fields in Jamestown, Virginia in 1619, to the mansions in the well off in New York City today. The offices in the buildings we'll be singing songs, rapping tunes, humming spirituals, to full out congregating the good times. Black music will always be transcending for centuries to come!

THE MARKET CORNER



Robert "Bulldog" Kennedy

The Market Corner: Short Selling

What does it mean to be **"shorting the market"**? Being short, commonly referred to as **"short selling"**, is what investors/traders do when they **suspect** any particular **stock, ETF, or commodity's stock price** will **decrease** in value. If the **stock price goes down**, the investor who **"shorted"** the stock will make a **profit**. When someone **"shorts"** a stock, they **borrow** shares of the stock, usually in blocks of **100**, from their brokerage platform (**e.g. TD Ameritrade, E-trade, Robinhood etc.**), then **immediately sell the shares** back to the open market. The broker will **charge** the investor **interest** for this transaction. Once you've sold the 100 shares of stock you borrowed from your broker, you are considered to be in a **"short position"**. If you **buy stocks** in a more conventional manner, where you **buy and hold**, expecting the stocks price to go up, you are in a **"long position"**.

However, let's get back to your **"short position"**. Now that you're **"short"**, your goal is to get the **price of the stock** to **decrease** so you can **buy the stock back** at a much

THE MARKET CORNER

lower price and pocket the difference, **minus** the **interest fees** you have to pay your broker. Let's look at an example: For some reason, you decide to short **Apple (AAPL)** because you think Apple's stock price will go down. Apple is trading at **\$140.00** per share. You **borrow 100 shares of Apple** from your broker and **immediately** sell them on the open market. **\$14,000** appears in your brokerage account ($\$140 \times 100 = \$14,000$). As you predicted, **Apple's stock price falls \$12.00 per share to \$128.00** in a couple of weeks. You use the **\$14,000** you **received** from the broker and **buy 100 shares of Apple at \$128.00 per share for a total of \$12,800**, then you **return the 100 shares of Apple** to your broker and **keep the difference**, for a total of **\$1,200 profit** ($\$14,000 - \$12,800 = \$1,200$) **minus any interest charged** to you by the broker, which varies. **Great job!** You are now **officially a short seller!** On the other hand, what if **instead** of Apple's stock price **going down**, it actually **goes up?** This is what's known as a **"short squeeze"**, which is what makes short selling **very risky**. When someone **shorts a stock** and the price goes up, the **short seller gets nervous**, possibly even **panic stricken**. When many other investors are **buying the stock, increasing the price**, and **you are short**, you must eventually **chase the price** to **"cover"** your short position which only **pushes the price higher**. When investors push prices up, short sellers get **"squeezed"** trying to cover their shorts. If in our example **Apple went up \$12.00 per share instead of down**, the investor would have to **buy back the shares** at a **much higher** price than they **originally** sold them. If you borrowed 100

THE MARKET CORNER

shares of Apple at **\$140.00** per share, and then sold them, but now the price has **soared** to a price of **\$152.00 per share**, guess what? You are on the hook to purchase Apple **at \$152.00 per share** for a total of **\$15,200**, ($\$152.00 \times 100 = \$15,200$) But, when you sold the shares you borrowed, **you only received \$14,000 into your account**, which leaves a **difference of \$1,200** ($\$15,200 - \$14,000 = \$1,200$). **Where** do you think **the difference is going to come from?** You got it, from **YOUR** personal funds. In other words, you just got **“short squeezed”** and **lost \$1,200 of your own money. Ouch!** Shorting the market **can be very lucrative**, but it’s also **very risky** and could possibly **destroy** your account!

Remember, **no matter what, you still have to pay the interest fees to your broker**, whether you **make a profit or take a loss**. In times of **falling markets**, **“short selling”** **can be very profitable**. It can also be **very risky**. **I don’t recommend short selling**. Buying **“put” options** are a bit **safer** and **less risky**. Be careful in your **decision-making** with these markets. These are very **uncertain** times.

Stay disciplined. Stay focused. Stay invested.

I hope you come back and hang out with me next time, at:

“The Market Corner”!

FORKLIFT CERTIFICATION SEMINAR

On January 27th, Goodwill of Peoria came to visit KLSRC to facilitate their forklift certification course to individuals in custody. It consisted of a power point presentation of jobs skills and forklift course. The presentation meets OSHA standards for the classroom portion of forklift certification. Once the presentation was completed, individuals will took an exam. Goodwill then graded the exams and if the individual passed, Goodwill issued a certificate good for 3 years. This

FORKLIFT CERTIFICATION COURSE FRIDAY MORNING 1/27/2023 (EXACT TIME TBA) PRESENTED BY GOODWILL OF PEORIA WEST GYM

Goodwill of Peoria will be here to facilitate their forklift certification course to individuals in custody. It will consist of a power point presentation of jobs skills and forklift course. The presentation meets OSHA standards for the classroom portion of forklift certification. Once the presentation is complete, individuals will take an exam. Goodwill will then grade the exams and if the individual passes, Goodwill will issue a certificate good for 3 years. This course does not conduct the hands-on training due to the fact that companies are required to conduct hands-on training for the specific forklift that they own. However, this certificate will satisfy the classroom portion of the exam making you that much more marketable as an employable returning citizen!



BLACK HISTORY MONTH

course did not conduct the hands-on portion due to the fact that companies are required to conduct hands-on training for the specific forklift that they own. However, this certificate will satisfy the



classroom portion of the exam making the men who participated that much more marketable as an employable returning citizens. The turn out was really amazing, almost half of the KLSRC population came through and took the exam thus earning their official certification. The presentation was very well run and informative and guys really appreciated the opportunity to build up their resumes with skills that are transferable to the free world. A special thank you goes out to **Goodwill of Peoria**, their presenter **Mrs. Barte** and **Assistant Warden of Programs Jones** here at KLSRC, he has wasted no time since taking on the role of AWP in bringing some amazing opportunities to the individuals in custody. **Thank you to everyone involved!**





LABORER'S UNION

On February 1st, a representative from the Laborer's Union: Great Plains LECET came to Kewanee LSRC to meet with a group of guys who are within a few months of their outdates in order to discuss what joining the Laborer's Union Apprenticeship Program looks like. This presentation would not have been possible without the hard work of one of the counselors here at KLSRC, Ms. Wisniewski and the peer facilitators of the T.R.E.O. group, Forrest Bayer, Nick Jackson, Britt Craig, and Brian Lehnert. The presenter, Mr. Dane Simpson has been in the union for 25 years and represents 10 Local Union Halls discussed the benefits and opportunities available to the formerly incarcerated as far as the Laborer's Union goes as well as the expectations, requirements and work that goes into being a Union Laborer. I will do my best here to share as much of that information as possible with you all.



BLACK HISTORY MONTH

BASICS OF THE LABORER'S UNION

The Laborers have a few main types of projects that they work on:

- ◆ BRIDGES
- ◆ HEAVY HIGHWAY CONSTRUCTION
- ◆ LOCKS AND DAMS
- ◆ BUILDINGS (BOTH COMMERCIAL AND PRIVATE)
- ◆ ASBESTOS REMEDIATION
- ◆ GREEN ENERGY CONSTRUCTION

There are many other types of work they do and there are specific training requirements for each of these types of projects, suffice it to say, there are many different kinds of good work opportunities available to anyone who completes the apprenticeship and becomes a journeyman.



APPRENTICESHIP PROGRAM

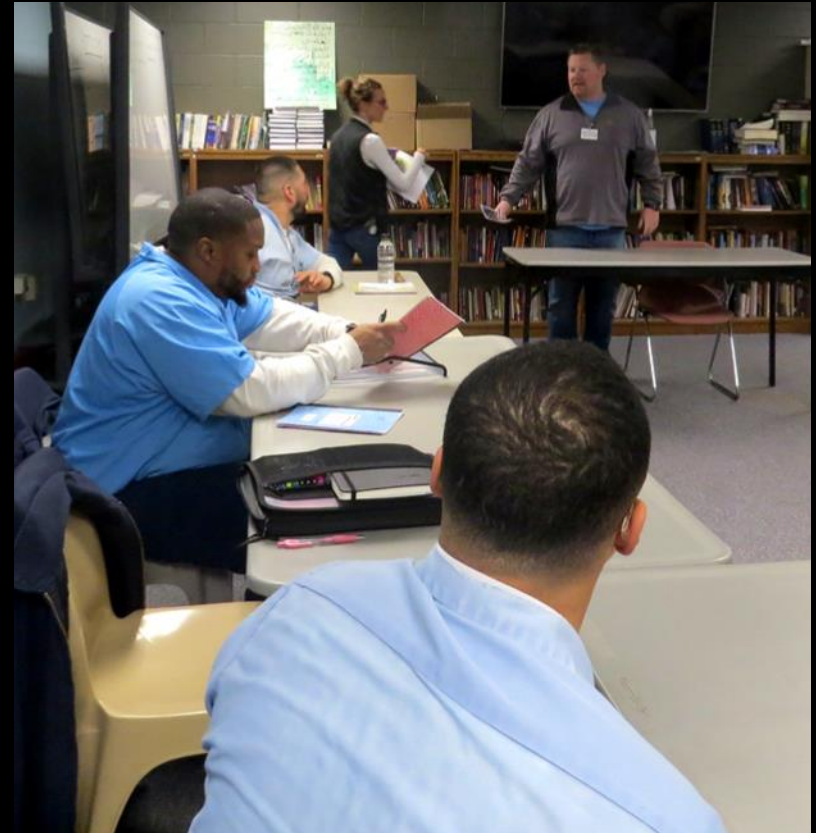
- ◆ The Apprenticeship is a 3 year program
- ◆ The apprenticeship requires 4 weeks per year in classroom training and education
- ◆ Class weeks are 4-10 hour days per week
- ◆ 1000 hours of OTJ (on the job) training
- ◆ The apprenticeship is “earn as you learn” meaning that you get paid for your work during your apprenticeship
- ◆ 1st year apprentices make 70% of the local union scale
- ◆ 2nd year apprentices make 80%
- ◆ 3rd year apprentices make 90% (after that you will earn 100%)

EDUCATION

There are 12 basic classes that every apprentice must take, after which they can choose from a wide variety of free trainings including soft skill classes like interviewing and management classes.

WAGE RATES

Each local Union Hall has it's own wage rates based mostly on local needs and business environment, and the work being done, some places can be as high as \$44 per hour. This always includes health care and retirement/pension contributions. *If you are laid off of work you will be able to collect unemployment. The normal labor year begins



around early April and usually runs to late November. However the job market is booming right now and the years have been running from mid-March to late-December. There are many subsidies that employer can receive for hiring from marginalized groups such as: the formerly incarcerated; minorities; people who experienced foster care; etc. be sure that employers are aware of these advantages and will utilize them giving us a step up in the hiring process.

REQUIREMENTS FOR AN APPRENTICESHIP

- ♦ Must be 18 years old
- ♦ Have a High school Diploma or G.E.D.
- ♦ Must be able to speak English
- ♦ Must pass multiple drug tests
- ♦ Some jobs require you to have a valid Driver's License
- ♦ **VERY IMPORTANT- YOU MUST HAVE A GOOD WORK ETHIC!** Employers have no problem paying the money and benefits required to hire a Union Laborer, but they won't pay that to anyone who doesn't work or shows up late or anything like that. **DO NOT SHOW UP LATE!**
- ♦ **VERY IMPORTANT- YOU CAN GET KICKED OUT OF YOUR APPRENTICESHIP!** There is a 3 strikes and you are out system and **1 FAILED DRUG TEST = 3 STRIKES.**
- ♦ If you are interested in becoming an Apprentice when you get out you can go to IL-Laborers.org and fill out an application. The applications are available from 8 am to 8 pm for the first week of every month.

Good luck to all of you if you choose this path, the job market is looking for you. All you have to do is make the choice!

MENTAL HEALTH

We'd like to thank our Mental Health staff again, Mr. Kuster and Mr. Ross. They have gone above and beyond to make sure that we have been able to get this information.

NAIKAN: (Japanese, literally 'introspection') is a structured method of self-reflection developed by Yoshimoto Ishin (1916-1988) in the 1940's. The practice is based around asking oneself 3 questions about a person in one's life:

- 1) What did I receive from this person?
- 2) What did I return to this person?
- 3) What troubles, worries, unhappiness did I cause this person?

The practice of self-reflection goes back many centuries and is rooted in the world's great spiritual traditions. Early adherents of such practices include the Christian desert hermits and the Japanese samurai. More recently people such as Albert Schweitzer, Ben Franklin, and Bishop Fulton J. Sheen. Ben Franklin in particular had a rather systematic and comprehensive approach to this idea. He developed a list of 13 virtues and he contemplated and evaluated how his conduct relative to one of these virtues each day. Daily self-reflection was a fundamental aspect of his life.

Formal methods of self-reflection generally involve certain basic characteristics. First, there is the requirement of time (got it.). Time should be set aside specifically to engage in

this activity. Second, space to reflect on your thoughts (also, got it). Third, a structured application of questions that have an emphasis on our conduct related to other people, creatures, and/or objects.

It is through our use of this structured self-reflection, that we can thoroughly examine our relationships with others. We utilize this examination as a mirror in which we can see ourselves, reflecting on what we have received from others and what we have given to others. We can look into whether what we have given has been beneficial or harmful to others. This type of self-reflection is not easy, it takes work and time and effort. This type of work can be extremely healing if you put the time and effort into it.

The reason that we do not focus on a fourth question that is related to the other three questions, namely, “What troubles and worries have other people, creatures or things given to me?” is because focusing on ourselves in this way can lead to unhappiness in our day to day lives.

Taking the time to engage in self-reflection is a good practice for regular mental health hygiene and can lead to a better understanding of how we can make better, healthier choices for ourselves on a regular basis. This can take time to build up to though, give yourself room to work into a routine and build upon your successes. Hold yourself accountable for taking the time to invest in yourself in this way and you can be sure that you will see progress eventually. It is worth the time and effort, especially in our current environments, to take the time to do everything in our own power to help ourselves in whatever ways are available to us.

BRAIN FACTS

ALTERED STATES

An altered state of consciousness is any condition that differs significantly from our normal state of consciousness. It is almost always temporary and always reversible.

What is an altered state?

When we are in a normal state of consciousness, we are aware of external stimuli (such as our surroundings) and internal events (such as our thoughts). However, the brain can produce a much wider range of conscious experiences, including altered states.

Whenever we enter an altered state, our brain patterns change. This disruption in brain function can be caused in different ways, including changes in blood flow and oxygen to the brain or interference with neurotransmitter function.

Is a near-death experience an altered state?

This is highly debated, but those who have had such experiences describe elements, such as a sense of timelessness, common to other altered states.

TYPES OF ALTERED STATES

Altered states can be grouped into categories based on how they are induced. However, all states disrupt brain function in some way.

- * Pharmacological - Psychoactive (mind-altering) drugs, such as alcohol, cannabis, or opioids, disrupt how the brain's neurotransmitters function, altering the user's awareness and consciousness level.
- * Spontaneous - Spontaneously induced altered states include drowsiness, daydreaming, near-death experiences, and the state of consciousness that happens just before you fall asleep (known as a hypnagogic state).
- * Psychological - An altered state can be induced through certain cultural or religious practices, such as meditation or trances brought on through dancing or drumming. Other examples are sensory deprivation and hypnosis.
- * Physical and physiological - Extreme environmental conditions, such as high altitudes or weaker gravity in space, can induce altered states, as can extended fasting and breath manipulations.

Disease-induced - Disease and illness can alter the conscious experience to different degrees. Examples include psychotic disorders such as schizophrenia, as well as epileptic seizures and coma.

Altered states in the brain...

Altered states can lead to a range of experiences, from feelings of bliss to a sense of terror. These experiences are generated by a similarly diverse range of neural activity in various parts of the brain. Alterations to normal brain function can result in our brain distorting incoming information, leading to auditory or visual hallucinations, memory distortion, or delusions.

Locating altered states...

In an altered state, activity in different areas of the brain may increase or decrease, distorting how we perceive the world.

- * *Decrease in activity in frontal lobe reduces ability to reason and make decisions*
- * *Thalamus - which acts as gateway between limbic system and frontal cortex - can be inhibited*
- * *Altered activity in parietal lobe distorts spatial judgments and time perception*
- * *Changes in temporal lobe function lead to unexplainable experiences such as hallucinations*
- * *Signals from reticular formation, which plays important role in consciousness, can be reduced*

Controlled and automatic processes

The way we are able to perform controlled processes (tasks that require our full answers, such as puzzles) and automatic processes (tasks that require relatively little attention, such as read-

Self-control

We may have difficulty controlling our actions and movements, for example walking a straight line while intoxicated. It may also be difficult to restrain emotions, often resulting in outbursts of crying or aggres-

Identifying an altered state

Consciousness is a spectrum from highly alert to lack of awareness, with a “normal” state somewhere in the middle. Altered states, meanwhile, can be on either side of the scale, with greater or lesser awareness than normal. An altered state can be

Emotional awareness

Often in an altered state we will have less emotional awareness (the experience of emotions), as well as finding it difficult to control those emotions. This can make us more or less affectionate, aggressive, or anxious.

Level of awareness

In an altered state, our level of awareness of events going on around us—as well as internally—may be decreased compared with normal walking consciousness. More often, our level of awareness is lowered in an

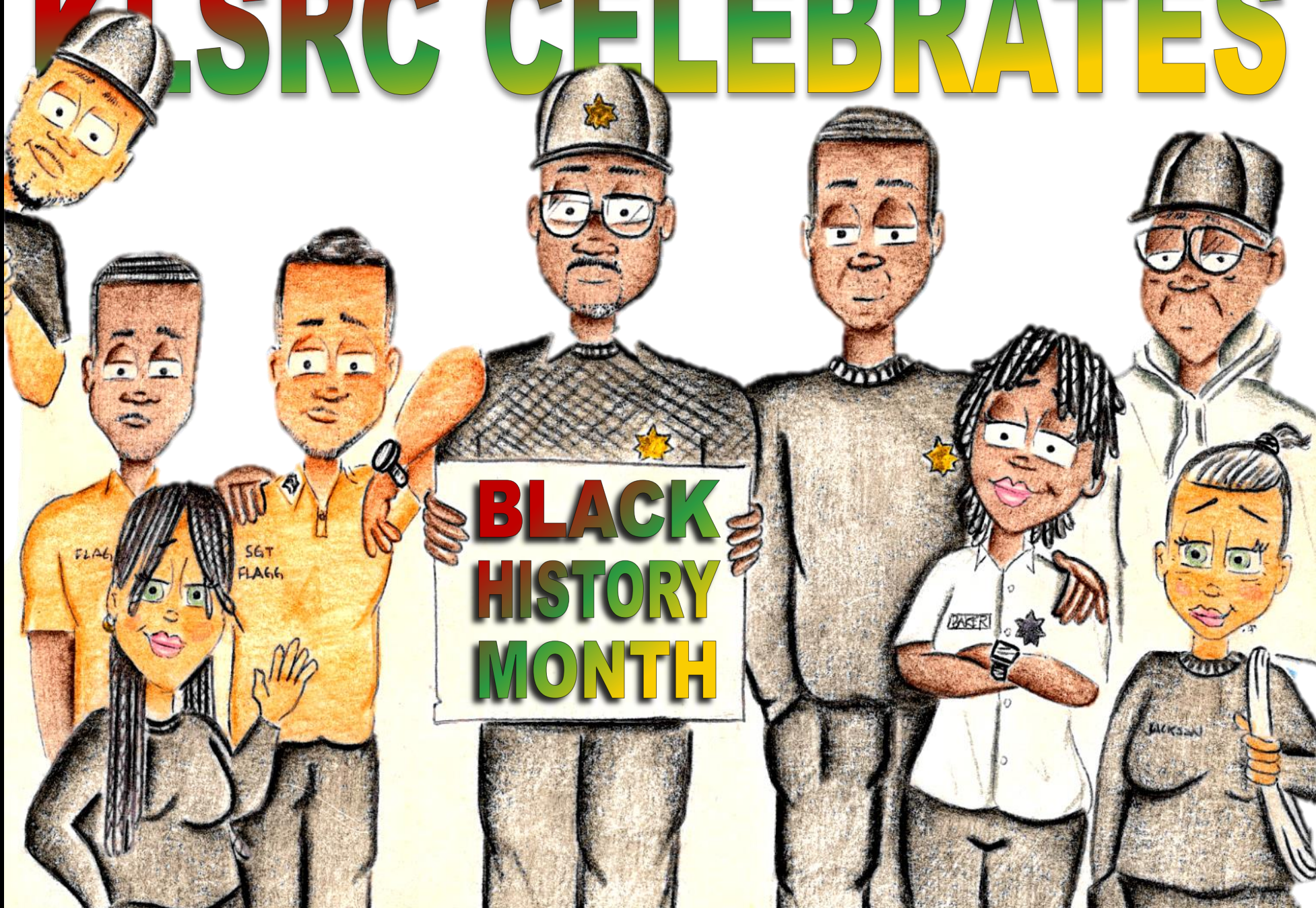
Perceptual and cognitive distortions

Perception may be altered. Normal processes for storing and retrieving memories may be more fragmented or less accurate. Thought processes may be disorganized and less logical.

Time orientation

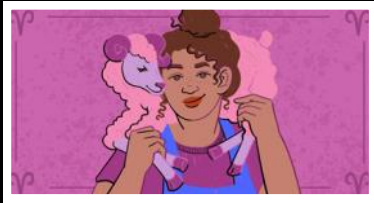
In an altered state, our sense of time can become distorted; time may appear to slow down or speed up. This is because there is less awareness of time passing, just as we are unaware of time while we

KLSRC CELEBRATES



BLACK HISTORY MONTH

HOROSCOPES



Aries: Giving back to your social circle or community will win you favors and friends, Aries. You need more of both, so start looking for ways to help out.

Translation: It's your turn to hook them burritos up, it's been your turn, for like the last 5 times! And, you do the dishes too! Sometimes it is just the right thing to do the work for the crew!



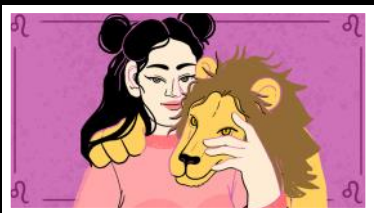
Taurus: Tomorrow promises to be easier, Taurus. Remind yourself of this when you face difficult choices on the job. Decisions are difficult—but you've run out of options.

Translation: I don't know how this translates to the joint, but, is COVID done yet? C'mon with all this already.



Gemini: You need to expand your thinking, Gemini. Normally this is easy for you, but stress has caused you to narrow your focus. This is not helping you get what you need.

Translation: Try to keep the small stuff the small stuff, think about more than why they steady running the same episodes of Love and Hip Hop, that ain't important, for real for real.



Leo: Solidifying a commitment is your task now, Leo. You may need to pull out all the stops to convince someone you're meant to be—but in the end you will get what you want.

Translation: You may have missed Valentine's Day, start planning for Sweetest Day in advance. Facts.



Virgo: Others appreciate your thoughtful guidance on their work, Virgo. You're seen as a reliable, calm person. It's hard work to be a good role model—it may be time to reward yourself!

Translation: Go ahead and eat both them Snickers you got buried at the bottom of your box, you been working hard, today is the day! Just don't tell nobody what you just did.



Libra: Finding the fun in the little things will help you keep going, Libra. You've had to be serious and controlled for some time—now you should let loose. Balance is your need!

Translation: This doesn't mean to start irking your cellie for "fun", it means to watch reruns of the Office or Friends or something.



Scorpio: Focus on your internal needs now, Scorpio. You've been through a lot over the last year, and it's taken a toll. Close out the world for a bit and just be.

Translation: Meditate and practice good Mental Health Hygiene! That stuff is important, JUST DO IT ALREADY!



Sagittarius: Words have an impact, Sagittarius. Sometimes you put your foot in your mouth, but mostly people forgive and forget. This time around, someone is not feeling so generous.

Translation: Learn to apologize the correct way! Use "I" statements and take responsibility for that goofy stuff you said.



Capricorn: Your values could be shifting somewhat, Capricorn. You're thinking hard about your self-worth and what it takes to get you feeling the best about yourself. Change is afoot.

Translation: If you want to feel better you need to do better and you can. You. Can. Do. Better.



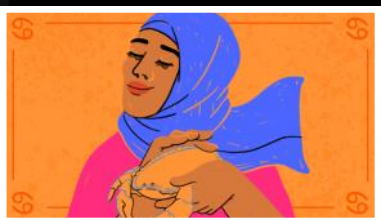
Aquarius: It's been a challenging time, Aquarius. You've had personal shifts in your life, and you could be feeling overburdened and burned out. Always a big thinker, you might find that focusing on the little things will offer you a sense of control and inner peace. Hang in there!

Translation: Keep the small stuff the small stuff and stay with the mind set that "The Mission is The Mission!" sometimes we gotta plow forward and push through when we feel ready to give it up.



Pisces: Finding out a secret sheds a new light on an old problem. Now you have to sit with the information to figure out the next steps, Pisces. Take your time!

Translation: Think about what you are trying to do, think about it, then think about it, then think some more... Now make a healthy decision, a positive life choice. Ain't no hurry in the joint so take your time.



Cancer: Feeling a little insecure in what you've socked away for a rainy day has you looking for ways to earn a little more, Cancer. It's better to cut expenses than spend more time working.

Translation: Start putting noodles in them burritos kid! Wet packs are crazy expensive and you know your cheese ain't stacked that high. Spend less, save more!

STATEWIDE GALLOUT

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.

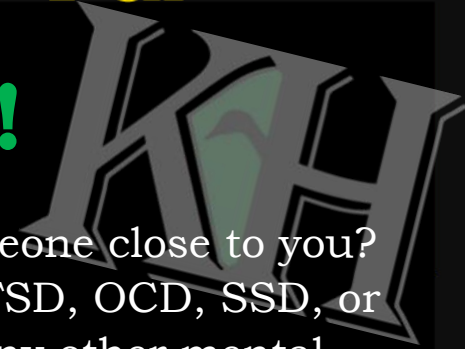
BLACK HISTORY MONTH

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

BLACK HISTORY MONTH

IMPORTANT NOTICE!!!



During your incarceration have you experienced the grief of losing someone close to you? Have you ever suffered from anxiety? Have you been diagnosed with PTSD, OCD, SSD, or SAD? Have you ever battled with depression or addiction? Is there any other mental health issue you've dealt with not listed here?

If you answered "Yes" to any of those questions, Kewanee Horizons would like to know how you made it through those trying times. If you are willing to share your experiences with us and our readers, the communities on both sides of the fence, please send us your submissions for the upcoming "Mental Health Edition".

The "Mental Health Edition" of Kewanee Horizons will be released during the month of March. Although this seems like a long time away, we all know how fast a month passes by. We're not asking you to rush your thoughts, however, we're requesting that you send us your submissions as soon as possible.

KH would like to thank you in advance for sharing your experiences with us, and the community at large, knowing that it is not an easy task. Just know that what you share can potentially help and heal someone that reads it. It is our hope at KH that, amongst the submissions we receive, we'll hear from our sisters that deal with things like Post-Partum which is a subject our brothers can't speak to.

Thanks again to all who choose to share their stories and we congratulate you on conquering your battles. We are not alone when our community communes with each other!

KH

BLACK HISTORY MONTH

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

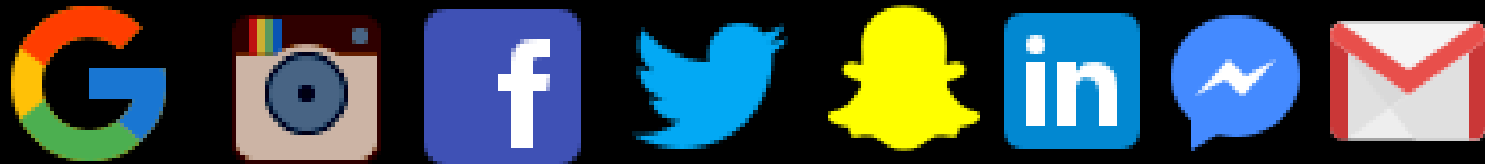
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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

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BLACK HISTORY MONTH

A MOMENT OF GRATITUDE...

Greetings to you all. I wanted to take a moment to put a few words together to express the overwhelming gratitude I feel at times for **Kewanee Horizons**, the guys who work on it every day so diligently, all of the men and women inside of other facilities who take the time to read **K.H.**, especially all of those who take the time to offer submissions both inside and outside of prisons, the staff support we receive to produce **K.H. (thanks Mr. Warnsing and others)**, the administrative support we receive here at KLSRC, and last but not least, the administrative support we receive from Springfield. Without any single link in this chain of contributors there would literally be no **K.H.** at all, let alone for there to be one pretty much every week. Everyone of these pieces is majorly important. I am grateful for all of them. My personal story includes an amazing change in fortune (giving back a Natural Life Sentence after about 20 years in to my bit among many other things) that has allowed me to participate in things like **K.H.** I am getting closer to the door now and I think every single day about how lucky I am to be in my current situation, I also think of how lucky I am to have encountered some really outstanding human beings in my incarceration, everyone from cellies to supervisors, teachers, staff liaisons and even wardens now. One of the foremost thoughts in my mind though is all of the people who are not coming with me through that door, my community, our community, and I cannot overstate how that weighs on me. I owe for many things in my life, I carry debts that can never be repaid, those things drive me everyday. It is a passion I have: to do my best in every way I can to work toward improving conditions and outcomes for our community, being a voice to help change the narrative. You might not see things the way I do, your perceptions of what **K.H.** is and does may be 180-degrees from my view and that is okay. I am doing the best I can in the ways I can to change the narrative about who we are and what we can do. In the end, I know it small comfort, but I'd just like to say that all of you will be going through the door with me, not in the ways we'd like, but in the way I am capable of right now. I promise that. Thank you.

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