



**BLACK**

**HISTORY**

**KH**  
VOL.  
**67**

**MONTH**





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### OUTSIDE CONTRIBUTORS

### BLACK HISTORY MONTH





## RESTORATIVE JUSTICE

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

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

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

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



## MISSION STATEMENT

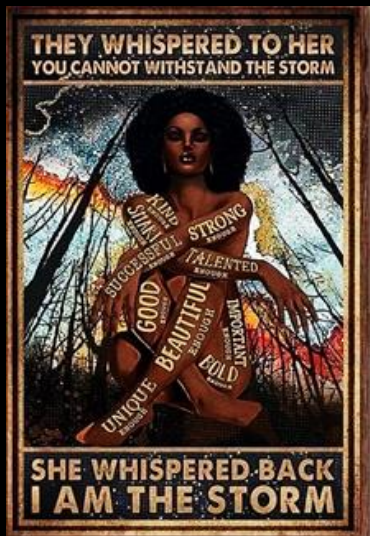
**Kewanee Horizons** has adopted the **Restorative Justice** and community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

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.



## STATEWIDE CALLOUT



To **ALL** individuals in custody within the State of Illinois we want to know about your **accomplishments, successes** and any struggles you may have overcome. Allow us to provide a spotlight for your unique voice. We hope that through your submissions it provide inspiration to others to do better and be better. **Please remember that this platform is about Restorative Justice and Community.** With that being said, we ask that all submissions be in the form of **Positivity, Restorative Justice, Re-Entry, and /or Community Building.** With every submission we have the ability to create change by showing our positive transformation and readiness for Re-Entry, which is why it's important to exemplify this through our words and actions. Change starts with us.

Please know that we are **Not** attempting to smother or drown out your voices. However, this is our opportunity to be heard so lets do so in a **POSTIVE MANNER** and **UPLIFT ONE ANOTHER.**

## DISCLAIMER

Please know all submissions are subject to editing due to spelling and grammatical issues. Your story will be conveyed in the best manner, we will keep your voices intact. We thank you for your submission and look forward to sharing your stories.



A. PHILIP RANDOLPH

“Freedom is never given; it is won.”

## OFF TRACK

By: Earl Milton Jr.

A locomotive is a very powerful machine that must be kept on track. The reason's are many but there is one that I'd like to highlight. Any locomotive that is off the tracks and full of steam is soon to crash. We are similar to trains in this way. We must have track to be on. You know how it is said "you are on the right track". Also, you know how concerned people become when someone that they love is off track or on the wrong track. The stronger we become physically, financially, or mentally, the more powerful a being we become. It is important that we stay on track to prevent a wreck. For us a track could be a sense of a right and a wrong or some form of moral or ethical code that we live by. There are just some thing's that should not be done, even if one could pass unnoticed. A well-worn path can many time's help us to avoid the many trap's, and pitfalls that could possibly be waiting when we wander off the path of life on the right track. If you find yourself off track get back on the right track as soon as possible! Do not wait until you have a wreck. Correct yourself TODAY!



## Making A Difference

By Michael “Wally” Walls @ Pontiac C.C.



Welcome to 2024...Here we are in the midst of an election year. So begins another seemingly endless stream of ads, interviews, and speeches... all extolling the reasons why your particular candidate deserves to represent your district in Springfield for the next two years. And some seemingly winsome wannabe running in opposition, all too happy to tell you what your candidate hasn't done for the past two years. But yet, that it's all up to the voter. "Who best represents what I believe in?"

Believe it or not, two of the greatest untapped groups of voters in the State of Illinois are the Families and friends of those that are presently incarcerated, and those that have been incarcerated in the past. Imagine the look on the face of a state legislator giving a speech on how they support prison reform, when your son or daughter asks them why most prison reform bills haven't made it out of committee in the past two years? Or how most of the bills that do make it to the floor of the legislature are soundly defeated?

I am always tempted to laugh when a legislator of a particular party toots their "record" on the prison reform issue. It doesn't matter if the candidate is Democrat, or Republican. The fact is that if the issue is popular in the court of public opinion, that candidate is going to go with the popular opinion every time.

Let's say that the Democrat candidate touts their support for prison reform. The candidate says that, "We can get bills passed because of our Super Majority in the state legislature."



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Okay, so if the Democrats have had this Super Majority for the past two years, why is there a backlog of bills that cant make it to the floor to get voted on? Show me that the ability to get things done comes with a proven track record of doing so.

Now more than ever before, it is becoming increasingly important to pay more attention to the candidate, rather than the party that they represent. If a Democrat candidate touts an “Obama-esque” support for prison reform, I’m gonna be asking, Isn’t that the same Obama that voted to expand the use of Mandatory Life Sentences when he was a state Senator in 1999?”

Same scenario with voting for a Republican, just because Trump signed the Federal “First Step “ set a few year ago. Get to know your candidate, and what they’re about. And always remember that you’re voting for the person, not the party.

I have mentioned in past articles that I used to be a firefighter. So yeah , I’ve had the privilege of bustin through a few doors in my time. Personally, I expect a similar mindset in my state legislators. I want a staunch advocate for the causes that they believe in. I want a person that is about action, not excuses.

If a person is running for office because it looks good on their resume, they wont earn my vote. I could give less than a damn about your resume. I’m more concerned about the future of the State of Illinois.

Change doesn’t send out invitations. If you want things to change, you have to take the initiative. Change in our state government begins at the ballot box. Encourage your families, your friends, and other acquaintances, to get involved in the political process. LETS MAKE A DIFFERENCE.





## MIND OVER MATTER

*By: Timothy Youngblood @Lawrence C.C*

During the 1990's when the Illinois Department Of Corrections (IDOC) had boxing rings and boxing tournaments. I was the undefeated 165lb weight champ at Lincoln Correctional Center until the Richard Speck video tape was released to the media and IDOC permanently terminated the boxing tournaments.

From 1990 until the boxing tournaments were terminated I defeated my opponents in the ring before I ever stepped foot in the ring. I defeated them with my mind. I learned how to train my mind not to lose when I learned how Muhammed Ali fought his fights in his head.

Everybody knows who Muhammed Ali is. But if you are too young to know who he is, let me tell you a little bit about him and the mind over matter training technique that he and I used to change our lives in the boxing ring. This is a training technique that you can use also to change your current circumstances, no matter what your current circumstances are. And yes, you can use this training technique to help you get out of prison and back to your family and friends.

Seven weeks before Muhammed Ali met World Heavyweight Champion George Foreman for their "Rumble in the Jungle" at Kinshasa in 1974, he practiced his punches as if he couldn't care less, taking a few desultory swipes at his sparring partner as if distractedly popping a speed bag. Mostly, he would lie against the ropes and allow his opponent to pound away at him from every angle.

In the latter years of his fighting career, Ali spent much of his training time learning how to take punches. He studied how to shift his head by just a hair, a microsecond before the connection was made, or where in his body he could mentally deflect the punch, so that it would no longer hurt. He was not training his body to win. He was training his mind not to lose, at the point when deep fatigue sets in around the 12<sup>th</sup> round and most boxers cave in. The most important work was being done, not in the ring, but in his armchair. He was fighting the fight in his head.

Ali was a master of intention. He developed a set of mental skills that eventually altered his performance in the ring. Before a fight, Ali used every self-motivational technique out there: affirmation; visualization; mental rehearsal; self-confirmation; and perhaps the most powerful epigram of personal worth ever uttered, “I am the greatest.” Ali also made public statements of his intentions. His constant barrage of rhyming couplets and quatrains, seemingly so innocuous, were highly specific intentions in disguise...

“Archie Moore is sure to hug the floor by the end of four. Now Clay swings a right. What a beautiful swing. And the punch knocks the bear clear out of the ring.”

Before a fight, Ali repeated these little rhymes like a mantra—to the press, to his opponent, and even in the ring—until he himself accepted them as fact.

When they met in Kinshasa, Foreman was seven years younger than Ali and among the most savage fighters in the ring. Just two months earlier, he had left Ken Norton for dead with five blows to the head after only two rounds.

Nevertheless, in the weeks before the fight, when reporters pressed Ali about the two-to-one odds against him, Ali had rewritten the history of the Norton-Foreman fight, which he repeated, virtually verbatim, to every journalist who interviewed him.

“He’s got a hard-push punch but he can’t hit,” he would say, punching the air in front of the reporter’s nose. “Foreman just pushes people down. He just got slow punches, take a year to get there. You think that’s going to bother me? This is going to be the greatest upset in the history of boxing.”

Ali’s intention came to pass in the jungle. He also made masterful use of intention to beat Joe Frazier in the Philippines later that year, in perhaps the most brutal and stunning display of boxing of all time.

This time, he created a voodoo doll. Ali turned his ferocious opponent into a tiny rubber gorilla, which he carried around with him in his top pocket, taking a swipe at it with his right from time to time for the television cameras: “It’s gonna be a thrilla and a chilla and a killa when I get the gorilla in Manila.” By the time Frazier entered the ring, he had been reduced in his own mind to something less than human.

Besides these verbalized intentions, Ali carried out mental intentions by rehearsing every moment of the fight in his head: the fatigue in his legs, the sweat pouring off his body, the pain to his kidneys, the bruises to his face, the flash of the photographers, the exultant screams of the crowd, even the moment when the referee lifts his arms in victory against Frazier. He sent an intention to his body to win and his body would respond by following orders.

You can use the same tools that Muhammad Ali and I used when sending intentions. Mental rehearsal is the most successful internal rehearsal we used. It involves imagining the boxing event from the boxer’s perspective as though we are actually competing. It amounts to a mental trial run—Ali imagining his right fist at the moment of impact on Frazier’s left eye. He

envisages the future in minute detail as it is unfolding. Champions and winners forecast and rehearse every aspect of the situation, and the steps they should take to overcome any possible setbacks.

You can improve your health, enhance your performance in every area of your life, and even affect the future by consciously using intention. The intention should be a highly specific aim or goal, which you should visualize in your mind's eye as having already occurred while you are in a state of concentrated focus and hyper-awareness. When you imagine this future event, hold a mental picture of it as if it were occurring to you at that moment. Engage all five senses to visualize it in detail. The centerpiece of this mental picture should be the moment you achieve the goal.

Each of us is a potential Frankenstein, with an extraordinary power to affect our lives and the world around us. A doctor might improve the survival rate of his patients by never giving a negative diagnosis. A surgeon could improve patients' recovery by mentally rehearsing the surgery before heading into the operating room. Indeed, we might no longer need drugs, but simply good intentions. How many of us, after all, are sending out mostly positive thoughts?





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 Undefeated. The next 22 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 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 in 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, demanding 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, *Be-loved*, 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.

## **Richard Pryor (1940-2005)**

Richard Pryor had a tough time growing up, including being abandoned by his mother. Searching for relief, he would often go to the movies. Little did he know that years later he would be appearing in them.

After a stint in the Army, Pryor started singing in small clubs near his home in Peoria, Illinois. But he soon discovered that people would rather hear him tell jokes. He began performing in comedy clubs, and before too long, he was doing appearances on some of the biggest television shows of the time.

Despite his success, he began to feel that his act wasn't authentic, and he changed it in a way that influenced every comedian that came after him. Pryor started to tell humorous, but

honest, stories about himself and the poor and struggling people he knew from his childhood. He cured a lot, just like real people do. And he wasn't afraid to make fun of white people.

His comedy was full of the truth that black folks usually said in private. Pryor would talk about his problems with drugs and relationships. Later, when he suffered from multiple sclerosis, he would joke about that, too. His comedy was rooted in pain, but audiences recognized the truth in it.

Pryor starred in two of his own television shows and a number of movies, including several comedies. Over the course of his career, he won an Emmy, five Grammys, and the first Mark Twain Prize for American Humor from the Kennedy Center, perhaps the biggest honor for a career in comedy.

**Jackie Robinson (1919-1972)**

On April 15, 1947, Jackie Robinson played first base for the Brooklyn Dodgers in a home game against the Boston Braves. He was the first African American to take the field in the big leagues in the modern era, and that day not only changed baseball but helped change the country, too.

Robinson was a terrific player. That first year, he led the league in stolen bases and won the inaugural Rookie of the Year Award. In his ten years in the major leagues, he was named to six All-Star teams and led Brooklyn to its only World Series title in 1955.

But he was an even more remarkable man. Baseball was the most important sport in America at the time, and Robinson was chosen to integrate the game because he could handle virulent racism from white players and white fans without losing his temper.

Indeed, the best way to think about the importance of Robinson is to consider what would

have happened if he had failed. Segregation was the law across the South. In the North, a system of economic and cultural repression kept the races apart. If Robinson had quit or retaliated against all the hateful names and slights, his opponents would have used him as proof that African Americans were incapable of joining white society.

Robinson's success created a path for African American achievements in other industries—baseball integrated even before the military. After he left baseball, Robinson continued to work hard for black empowerment, writing for newspapers and challenging presidents to advance the cause of civil rights.

Robinson's courage and achievement at a time when Jim Crow laws deprived black citizens of basic human rights marked an important turning point in black history.

### **Sojourner Truth (1797-1883)**

Sojourner Truth is most famous for words she may never have spoken. A traveling preacher who advocated for women's rights and abolition, Truth gave a speech at the Women's right Convention in Akron, Ohio, in 1851 calling for equal treatment for black women:

“That man over there says that women need to be helped into carriages, and lifted over ditches, and to have the best place everywhere. Nobody ever helps me into carriages, or over mud-puddles, or gives me any best place! And ain't I a woman?” The message was powerful, but it's unlikely the words are exact. They come from a version published years after the event using a stereotypical Southern dialect. Truth, however, grew up in New York, and Dutch was her first language.

Regardless, Truth was famous. Her memoir, *The Narrative of Sojourner Truth: A Northern Slave*, was published in 1850, and she toured and spoke before large crowds. She was the ninth child in an enslaved family and escaped as an adult with her own infant daughter. Born



Isabella Baumfree, she gave herself the name “Sojourner Truth” after becoming a Methodist. During the Civil War, she helped recruit black troops for the Union Army, which granted her the opportunity to speak with President Abraham Lincoln.

Truth died in 1883 at her home i Battle Creek, Michigan. Four decades later, the constitutional amendment extending the vote to women was ratified.

**Harriet Tubman (1820-1913)**

Harriet Tubman was born into slavery and endured physical violence nearly every day in her early years. In one incident, Tubman encountered a slave who had left the fields without permission. When she refused to restrain the runaway, an overseer hurled a two-pound weight at Tubman, striking her in the head. The attack left her with headaches and seizures for the rest of her life.

Tubman escaped from slavery in 1849 using the Underground Railroad, a secret network of antislavery activists and safe houses, to make the ninety-mile trip from her home in Maryland to Philadelphia. But her own safety wasn’t enough. Hearing that her niece and her niece’s children were going to be sold, Tubman went back and led them to Philadelphia. Soon she returned for her siblings. Then for her parents.

After passage of the 1850 Fugitive Slave Act, which required that slaves who escaped to the North be seized and returned to slavery, Tubman changed her route so it ended in Canada, where slavery was outlawed. Even though there was a bounty for her capture, she made at least nineteen trips and led hundreds of people to freedom.

During the Civil War, Tubman became a nurse and spy for the Union government. She tended to the sick and wounded, caring for soldiers both black and white. After the war, Tubman was active in the women’s suffrage movement and is now considered an American icon.

## **Madam C.J. Walker (1867-1919)**

Sarah Breedlove, the poor washerwoman who would become millionaire entrepreneur Madam C.J. Walker, was trying to cure dandruff and banish her bald spots when she mixed her first batch of petrolatum and medicinal sulfur.

But what began as a solution to a pesky personal problem quickly became a means to a greater end. With the sale of each two-ounce tin of Madam C.J. Walker's Wonderful Hair Grower, she discovered that her most powerful gift was motivating other women. As she traveled throughout the United States, the Caribbean, and Central America, teaching her Walker System and training sales agents, she shared her personal story: her birth on the same plantation where her parents had been enslaved, her struggles as a young widow, her desperate poverty. If she could transform herself, so could they. In place of washtubs and cotton fields, Walker offered women beauty, education, financial freedom, and confidence.

The more money Walker made, the more generous she became, donating to her local black YMCA in Indianapolis and the NAACP's antilynching fund, establishing college scholarships, and paying for lessons for young black musicians. In 1917, at the first national convention for her company, Walker awarded prizes to the women who sold the most products or recruited the most new agents. More important, Walker honored the delegates whose local clubs had contributed the most to charity.

Walker urged President Woodrow Wilson to support legislation that would make lynching a federal crime. She was labeled a "Negro subversive" by the War Department because of her advocacy for black soldiers during World War I.

A pioneer of today's multibillion-dollar hair care industry, Walker defied stereotypes, provided employment for thousands of women, and donated large sums to civic, educational, and

political causes. And all of it started with hair ointment.

**Booker T. Washington (1856-1915)**

Not long after the end of the Civil War, Booker T. Washington, who had been born into slavery, started Tuskegee Institute in 1881 with thirty students, two thousand dollars, and a one-room shack. Southern whites saw an educated Negro as dangerous, so Washington told them that his students did not want equal rights. Instead, he said, they wanted to learn trades such as carpentry and printing and contribute to Southern prosperity. Donations from Northern whites poured in, and Tuskegee was allowed to grow.

In 1895, Washington was the only black speaker to address a mostly white audience at an important meeting in Atlanta called the Cotton States and International Exposition. In his speech, which critics later called the “Atlanta Compromise,” Washington advised black men and women to work with their hands, stay in the South, and accept white supremacy in exchange for economic security.

That speech helped make Washington the most influential black person in America at the time. He became an advisor to both President William McKinley and President Theodore Roosevelt on racial matters. Washington lectured around the country, helped start the National Negro Business League, and published a best-selling autobiography. While black intellectuals such as W.E.B. Du Bois chafed at the way he seemed to defer to whites, Washington used his influence to place African Americans in jobs across the country and secretly fund challenges to Jim Crow laws. When Washington died in 1915, the campus where he is buried had grown to fifteen hundred students and one hundred buildings, with a two-million-dollar endowment.

**Ida B. Wells (1862-1931)**

Ida B. Wells was a superhero of journalism. After three of her friends were murdered by a

mob in Memphis, Tennessee, in 1892, she started to investigate the widespread horror of lynching. Wells faced down threats of death and torture for bringing international attention and shame to the whites who terrorized black communities in the United States after Reconstruction.

Just as many people could not believe the atrocities committed in World War II concentration camps, Wells encountered widespread denial and disbelief as she wrote about the barbaric acts of her countrymen in the pages of the *Memphis Free Speech*, the newspaper she co-owned.

Documenting the epidemic of lynching was miserable, disheartening work. But Wells also found time to advocate for voting rights and civil rights of black women like herself. She wasn't much concerned with being polite about it, either. For her troubles, she was criticized for being unladylike and dirty-minded.

Yet Wells represented the best of American journalism. She dared America to confront its hypocrisies and live up to the ideals upon which the country was founded. Well's crusade lives on today in those who document the killing of unarmed black people by police. She lives on in black women who not only exercise their right to vote but also, like her, run for office. (Wells ran for a seat in the Illinois State Senate.) She lives on in the words and deeds of the NAACP, which she cofounded. No wonder Wells was known by the subtitle of her best-known biography: *A Sword Among Lions*.

### **Serena Williams (1981-**

In any conversation about the greatest athletes, one name rises to the top—Serena Williams. She has enough victories for several lifetimes. She's won more Grand Slam singles titles than any other woman in the modern era. She's also won four Olympic gold medals, four-

teen Grand Slam doubles titles, and a Career Golden Slam (singles titles from each of the sport's four major events plus an Olympic gold medal in singles).

Williams is the youngest of five daughters. Her father, a former share-cropper from Louisiana, learned from books and videos how to coach Serena and her older sister Venus. The Williams sisters had daily two-hour practices on a concrete court, avoiding potholes and often practicing without nets. Growing up in Compton, California, meant being a fighter and developing a tough skin—which would characterize their game on and off the court.

Williams transcended tennis, a historically white sport, by being herself—with incredible strength, dedication, and an energetic style of play. What makes Williams' career so remarkable is her spirit to rise above criticism of her appearance, game, and body and still be the best year after year.

Whether she's serving tennis balls, designing affordable fashion, or teaming up with Beyoncé in music videos, Williams' resumé solidifies her place among sports' all-time greats.

**August Wilson (1945-2005)**

Playwright August Wilson made it his life's work to document, explain, and validate the everyday lives of African Americans.

Between 1984, when *Ma Rainey's Black Bottom* premiered, and 2005, when he died at age sixty, Wilson produced what he called the American Century Cycle. It consisted of one play of every decade of the twentieth century, a trajectory that went from the aftermath of slavery through the Great Migration and the civil rights movement to the dawn of gentrification.

Wilson's body of work stands as one of the greatest in the history of dramatic literature. He won two Pulitzer Prizes and multiple Tony and New York Drama Critics' Circle Awards.

Raised in Pittsburgh, Wilson set nearly all his work in his home neighborhood of the Hill District. Yet it was only when he moved to largely white St. Paul, Minnesota, in his thirties that he began to fully hear and channel the spoken-word poetry of the musicians, preachers, gamblers, jitney drivers, and sanitation workers among whom he had lived.

With the American Century Cycle, Wilson transmuted their voices into art for the ages.

### **Oprah Winfrey (1954-**

When *The Oprah Winfrey Show* started broadcasting nationally in 1986, it turned television, especially the daytime talk show, into something new. For starters, had she gotten into the television business only ten years earlier, the Mississippi-born Winfrey wouldn't have been let anywhere near the set: she wasn't white, blond, thin, or male.

Winfrey's superhero talent was getting people to really like her and relate to her. The way she confessed her own weaknesses made self-help feel modern and chic. And she didn't inspire just black people. Women of all races eagerly joined her movement to "Live Your Best Life," which was the title of one of her books.

Winfrey used her position as host of one of the longest-running daytime talk shows in television history to become a multimedia phenomenon. She's the owner of a cable TV network. She's a movie actress and a Broadway musical producer. She started a book club that made instant bestsellers. She's helped launch the careers of numerous television hosts and self-help gurus, including Dr. Phil, Iyanla Vanzant, Dr. Oz, Suze Orman, Nate Berkus, Rachael Ray, Bob Greene, and Gayle King. Since the debut of *O, The Oprah Magazine* in April 2000, she's been on the cover of every issue, making her one of the most influential cover models in magazine publishing history. Her early endorsement of Barack Obama helped him win the Democratic Party nomination for president. She is the first African American female billionaire.

Her generosity, especially for educational endeavors, is legendary. Winfrey funded a girls-only private school in South Africa and scholarships for hundreds of students at Morehouse College. In 2011, she won an Academy Award for her international humanitarian efforts.

## **Stevie Wonder**

Since 1961, when the blind eleven-year-old musical prodigy auditioned for Motown Records, Stevie Wonder has composed a full catalog of songs about love, compassion, justice, and unity. And his music still fills dance floors today.

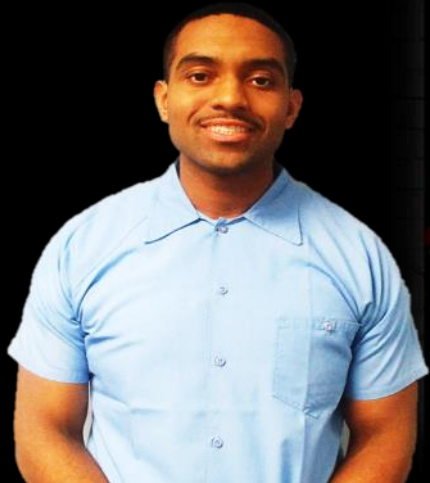
Born Stevland Judkins, he was given the name “Stevie Wonder” by Motown founder Berry Gordy. Wonder’s first number one hit came in 1963 when he was only thirteen with “Fingertips, Part 2,” which referred to the song’s bongo rhythms. In 2016, he released “Faith” with Ariana Grande. In between came dozens and dozens of timeless songs, melodies, and moments.

No other musician has pulled so many heartstrings with a harmonica while simultaneously jamming so ferociously on the piano. Wonder wrote, produced, and played multiple instruments on the Spinners’ 1970 hit “It’s a Shame” and created his own hits, such as “Signed, Sealed, Delivered I’m Yours,” “Superstition,” “Living for the City,” and “Sir Duke.”

All along, he has maintained an unrelenting social consciousness. Some stars flitted in and out of the struggle, but Wonder remained, writing about the problems facing those on the bottom, like his song “You Haven’t Done Nothin’,” a stinging rebuke of President Richard Nixon. His 1966 cover of Bob Dylan’s “Blowin’ in the Wind” became an anthem of the civil rights movement. And his version of “Happy Birthday” helped persuade America to accept a holiday honoring Martin Luther King Jr.

And always, with Wonder, black love was nurturing and empowering, a continuous source of validation and strength. Half a century later, in an era when most black music superstars dwell on earthly obsessions, Wonder continues to elevate us to higher ground.

Thanks for reading and I hope you've learned something from *The Fierce 44: Black Americans Who Shook Up the World*. These Black men and women are just a few legendary icons who help shaped not only Black culture, but American culture. Because remember, **Black History is American History.**



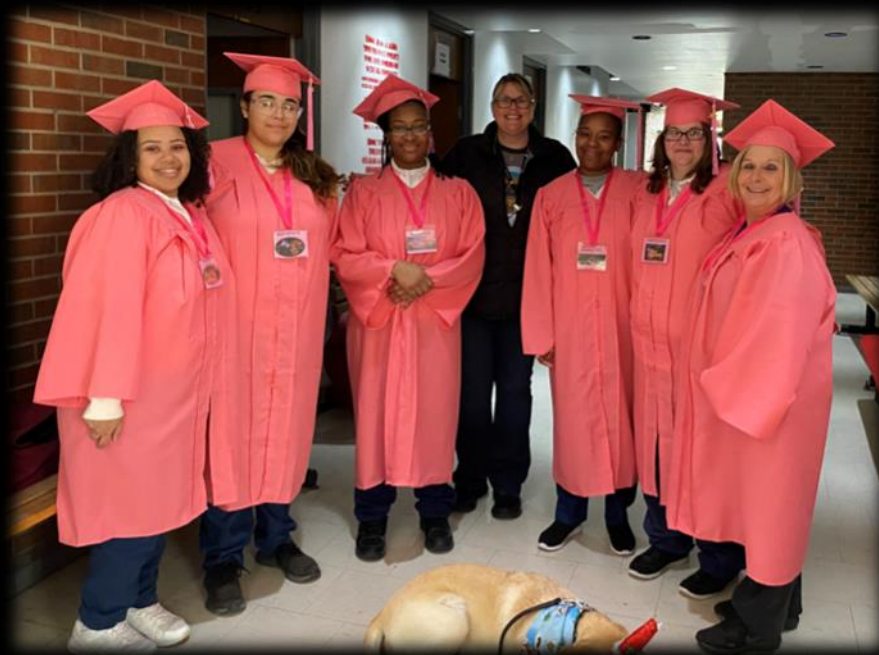




## Logans Changed Program

### History

The concept of the 100% Changed Program for female individuals in custody formed in 2019. This was shortly before the COVID-19 shut-downs. It began as a conversation between Desetra Taylor, the founder of the 100% Changed Ministry, and Assistant Warden Joiner, who was a recent graduate of the 100% Changed Program and a counselor for incarcerated women. Joiner was expressing the newfound joy and freedom she experienced as a result of going through the program. She had a burning desire to share this experience with the women she was tasked with counseling.





She asked God, how we could assist these women in understanding their worth. She wanted the women to know and realize they are valued not just by their families and community, but by Him. Even in their current situation, God has a purpose for them. Most importantly, He loves and forgives them. The 100% Changed founder prayed that God would open up the door to fulfill this desire and He did. Shortly after that, the 100% Changed Outreach Program began in the Women Division of Illinois Corrections four years later in 2023.

## Mission

As women, we are faced with many challenges and circumstances that can negatively affect our emotions. Sometimes, these negative affectations will be carried and have a longstanding impact on the way we think and interact with others. The 100% Changed outreach program is designed to help women identify destructive emotional behavioral patterns. It also empowers and equips them with biblical tools to overcome mental barriers such as fear, insecurity, and past failures in order to embrace their God-given purpose. This program can help incarcerated women fully embrace their need for change in hopes they will



gain a better understanding of their worth through Jesus Christ.

The 100% Changed outreach program is a 10-week discipleship series that is also designed to help women identify the root cause of generational behavioral patterns that have hindered their emotional, physical and spiritual growth, but through the process of the program, they can experience true transformation.

What success looks like...

Six ladies successfully graduated from the 100% Changed outreach program on December 3, 2023. They are Logan Correctional Center's first 100% Changed graduating class. Present at the ladies' gradu-



ation was Chief of the Illinois Department of Corrections Women's Division, Melinda Eddy, First Lady of Center for Hope International Ministries and 100% Changed's founder, Desetra Taylor, Center for Hope International Ministries prison team/100% Changed graduates, along with Chaplain Sutton.

Due to the program's success, a second class will begin in March 2024.



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.**



## ON TO MY NEXT CHAPTER

By: Sean Helgesen

I left Pontiac C.C. on February 14th. The bus was a couple of hours late so I sat in the bullpen of the B of I alone with my thoughts, a dreadful feeling lurking, taunting me that I was headed back to the former death row cell I occupied because my transfer to Kewanee was somehow cancelled or delayed. Two hours later-11:00 a.m., “Sean, bus is here, good luck to you. We’ll keep the lights on for you.” That was my sendoff after 30 years. One last shot to let me know that a maximum security penitentiary will always have bed space for poor life choices we make in life. As I ascended the stairs of the bus I nodded, but didn’t look back. Too happy to turn my back upon the pain and misery that goes on in that place. My only thought at that point was my heart and prayers go out to the guys I left behind and the struggle they will continue to endure.

To all those brothers, Kewanee is LEGIT! Everything we’ve been reading about since Kewanee Horizon’s published the first rendition of it’s publication is 100% true. Not surprisingly the worst thing about this experience thus far was the bus ride, eight hours of HELL ON WHEELS! But rolling up to the gates in the darkness of night 15 of us collectively felt the oppressive weight of our prior experiences begin to slowly drain away. We stepped off the bus as our names were called one by one, promised by the staff that greeted us a hot meal and a moment to relax and breathe. The next couple of hours really embodied what the Kewanee experience is all about; respect, courte-



sy, and an understanding that we are people who deserve to be treated humanely. After medical checks we were given room assignments and without escort we proceeded to start our new lives.

It's hard to describe what seeing a genuine smile is like, or a feeling of real concern, but this is what we experienced over the next handful of days. The day after our arrival during a jam session it was explained to us that we will begin a 10 day orientation process whereby we met Warden Carothers who shook each one of our hands with an apology for all the trauma we have experienced during our incarceration, and promised a radically different approach to living within an I.D.O.C. institution from here on out. As crazy as that sounds, you could see it in this dude's eye's and his demeanor that he meant it. After that we were introduced to the life blood of Kewanee: counselors, social workers, and peer educators. Each in turn explaining how they will fit into our lives here at various points. Additionally, we learned over the next 90 days we will be given a mandatory class schedule, but after that period we were free to pick our own classes. "In the meantime gentlemen, explore the campus and enjoy yourself. Your Kewanee experience will be what you make of it." For the vast majority of us, especially those who have spent a significant amount of time in prison, it's difficult in the immediate to wrap your head around this place. Staff who are polite? Programs that prepare you for a successful reentry to society? Genuine concern for your future? None of this makes sense when superimposed upon our past experiences. But as the days go by and we slowly begin to shed layers of toxicity, I am starting to absorb the positivity I am surrounded by.

So as I close one chapter in my life and embark on the next, I can't help but turn my thoughts back to the staggering amount of people who in some way impacted my life in wonderful ways as I grew up from a lost child to the man you all know today. Sadly, I am not permitted to name all my bro's, but please know that I have a ton of love for you and will miss you dearly. I also never really made a secret of this but I cared less about how I was treated within

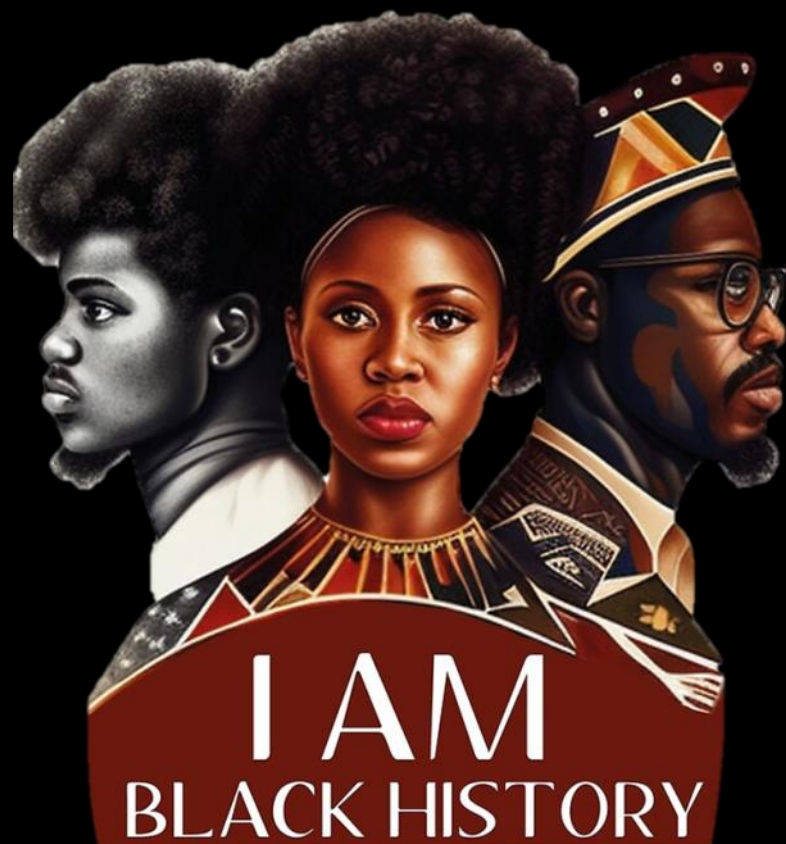


the walls of Pontiac, but when it came to my mother and how welcomed she was made to feel, I am forever grateful for the kindness shown to her by all the people who worked in the gate-house and visit sign-in area over the years.

Counselor Wykes, Horton, and Strowmatt, I appreciate being able to count on you whenever I needed a bit of advice and direction. Dave and Christy Naretto, two of the coolest people I ever met. Stroh, My guy! Now your hip can heal since you don't have to carry me on your back any more (smile). Last but certainly not least, Mrs. Wolfe, your thoughtfulness never ceased to amaze me. Your smile was infectious and your work ethic is second to none. Pontiac is so lucky they have you as a commissary supply supervisor. Thank you for everything you have done over the years but especially for this latest and most appreciated labor of love. I am grateful to all of you! Now on to my next chapter!!!

DON'T BE IN SUCH A HURRY TO CONDEMN A PERSON BECAUSE HE DOESNT DO WHAT YOU DO, OR THINK AS YOU THINK. THERE WAS A TIME WHEN YOU DIDNT KNOW WHAT YOU KNOW TODAY.

BY MALCOLM X





## BLACK HISTORY MONTH INFO CENTER

In Volume 66 we shared with you all articles from The Time magazine about black leaders fighting for equality. In this Volume we're providing more names and stories of the people whom we spoke about.

Again, we hope that this information inspires others to show and prove.

### **ADRIANA BARBOSA** **BOOSTING BLACK BRAZILIANS** **REPORTED BY: SANYA MANSOOR IN THE TIME MAGAZINE**

Growing up in a middle-class neighborhood in Sao Paulo, where her family struggled to pay rent, Adriana Barbosa quickly learned that although more than half of Brazilians have African ancestry, many of the Brazilians profiting off Black ideas do not. This is significant considering how great the racial wealth disparity is in the country. The average income for white workers was 74% higher than that of Black and brown workers in 2019, according to a study by the Brazilian Institute of Geography and Statistics. Afro-Brazilian men with the same level of education as their white male colleagues made only 70% of the income.

In her 20's, both to help pay the bills and to celebrate Black culture, Barbosa created the Feira Preta Festival, which showcased music, plays and literature and provided a venue for en-





trepreneurs to sell their products. She then grew the festival into the PretaHub platform, which is focused on building a more equitable market for Afro Diaspora entrepreneurs. Funded by donations from private businesses, international-development organizations, and public-financing programs, PretaHub has invested more than 11 million Brazilian reais (\$2.2 million) into helping entrepreneurs.

Which isn't to say it hasn't faced challenges. Funding has been an issue. Some ticket revenue was stolen. A white neighborhood blocked the festival from its streets. But Barbosa, now 47, has been determined to keep it going; the event had drawn over 200,000 visitors over the years.

Since its launch, PretaHub has worked with over 10,000 black entrepreneurs in fields like architecture, fashion, and technology. More than two-thirds are women, roughly half of whom haven't attended university. "It began with a small action to pay rent," Barbosa says. "Today it's a big social organization that has created a market for Black people."

## **CORY BOOKER**

## **PUSHING WASHINGTON**

**REPORTED BY: BRIAN BENNETT IN THE TIME MAGAZINE**

ON THE WALL BEHIND HIS SENATE office desk, Cory Booker keeps a map of Newark, N.J.'s Central Ward, where he moved fresh out of Yale Law School and still lives. The median household income in Booker's Newark neighborhood is \$19,500, and the map, he says, reminds him of an admonition from a local tenant leader, Virginia Jones, who helped him first

get elected to Newark’s city council in 1998: “Boy, don’t forget where you came from and who sent you.”

During Booker’s time on the city council, his two terms as mayor, and a decade in the Senate, he’s worked to bring investment’s to undercapitalized Black and brown neighborhoods like his. He worked with Republican Senator Tim Scott of South Carolina to pass a 2017 bill creating tax incentives to invest in economically depressed “opportunity zones.” He was among those who encouraged the Biden White House to include the child tax credit in the American Rescue plan, a temporary, pandemic-era change that reduced child poverty by 43%. And he and Representative Ayanna Pressley of Massachusetts have introduced a long-shot bill to give every child an account seeded with \$1,000-nicknamed “baby bonds”-that the government would add to each year on a sliding scale for families earning less than \$125,000 a year. Doing so is projected to narrow the Black-white racial wealth gap among young adults from 1 to 15.9, today’s rate, 1 to 1.4.

When Booker graduated from law school, his mom asked him, “What would you attempt to do if you knew you could not fail?” Today that question is etched on a metal bar on his desk that sits alongside talismans to bring him strength and ward off evil: a statue of Harriet Tubman, a James Baldwin doll, a figurine of the Hulk, and a sculpture of the Hindu deity Ganesha, remover of obstacles. “We all need someone to remove obstacles,” he says.



## IT'S BEEN FUN, BUT I GOTTA GO!!!

**By: Elbert Conway**

My time here at KLSRC has truly been a life changing experience because this past year I was able to pick up a lot of tools essential to my reentry. Along with the tools I also met a lot of good, thorough, helpful and dedicated people while here. First, I have to give a shout out to the group of guys I came to Kewanee with on March 15th of last year. We came here with a plan, stuck to it and crushed it. Each and everyone of you are forever my brother. To the staff at KLSRC, I appreciate each of you as well especially: Warden Carothers, Mrs. Mead, Mrs. Scott, Ms. Arch, Mr. Warnsing, Ms. Rowan, Nic Kuster, LTS Louck, LT. DeCoster, Mr. & Mrs. Ebersol, Abolafi and Lt. Baker. Each of you showed up whenever called upon and that holds weight with the guys here on campus, so don't change up. Your actions and belief in our desire to be better gives us inspiration believe it or not.

To the guys on campus...stay hungry. KLSRC has a lot to offer but you have to want it. Don't focus on what's not here but focus on what is. You have been given an opportunity to grow mentally, so why not take advantage of that opportunity? Honestly, there's no reason you should leave here the same person you were when you came. I know I'm not. I want something better for me...hell I deserve it and you do too. There's a lot of programs here and if you take the time to participate in them I guarantee you won't regret it. It's you investing in your future. Being incarcerated has taught you how valuable time is so make sure to invest your time wisely.

To Ms. Kira Kyle a.k.a the legend. I truly appreciate you and I'm thankful for the opportuni-



ty to have met you. You have an amazing spirit and your belief and trust in us regardless of our situation shows the size of your heart and content of your character. I had heard so much about you before I signed up for Defy and everything I heard was shown to be true. You care and there's no doubt about it. Thank you for everything.

Mr. Warnsing, I appreciate you believing in me and giving me the opportunity to be part of Kewanee Horizons. I know it took us some time to get there, but you entrusted me with a huge task and I came through and crushed it if you ask me lol. But seriously, I appreciate the tools I was able to learn by being part of Horizons. Those tools will definitely be useful for my reentry. Also, the guys I'm leaving behind to handle KH will do just fine. I believe in them just like you believed in me. They got it.

Well everybody I'm off to Crossroads. This is the beginning of my new chapter. Am I nervous? Not really. I'm more excited than anything. I haven't been in the free world since 2004 so I'm excited to see how much has changed. Just like me, the world today isn't the same as 2004. The good thing is, I'm focused and I'm going out there with a new mindset and aspirations. Yeah I know...take it slow and one day at a time. As my homie Bolo said, "be on the look out", because you will be hearing about your boi. Believe that!



**It seems to me shallow and arrogant for any man in these times to claim he is completely self-made, that he owes all his success to his own unaided efforts. Many hands and hearts and minds generally contribute to anyone's notable achievements.**

**BY: Walt Disney**



*Defy Graduation  
February 2024*



**THE KEWANEE  
MEDIA ROOM**  
HOME OF 2ROADS AND KEWANEE HORIZONS





# BLACK HISTORY MONTH



# AT K.I.S.R.C







# BLACK HISTORY MONTH



# CORN HOLE CONTEST







# FAMILY FEUD



# AND KIWANEE SQUARES

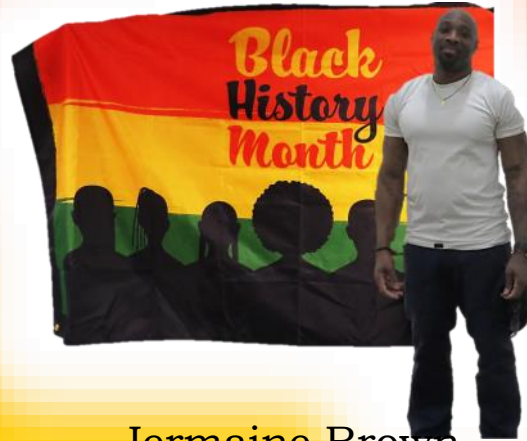


# BLACK HISTORY MONTH



Michael Jennings

Winner of Kewanee Squares



Jermaine Brown

Winner of Kewanee's Got Talent



Victor Ramos

Winner of Art Contest



"TEAM DANVILLE"

5 on 5 BBALL CHAMPS



"TEAM MAXWELL"

Winners of Family Feud



Joseph Godinet and  
Randy "Danville" Kagels

Winners of Corn Hole

# EVENT WINNERS



## HORIZONS MONEY TEAM

By: Kenji "Truck" Haley

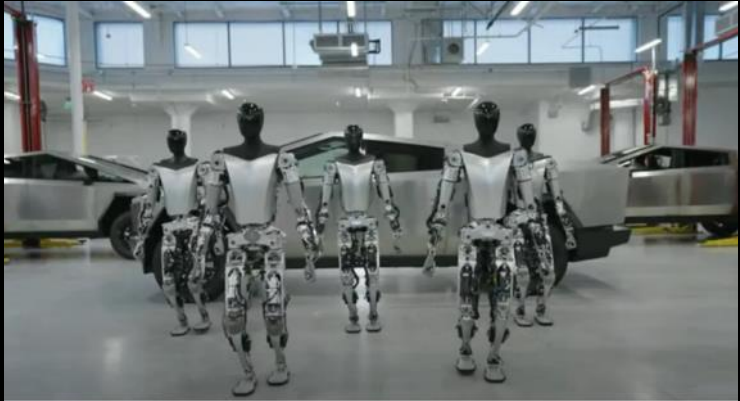


Hujambo Bwana's and Bibi's. In the last part, we are going to talk about the **Optimus** and all it does to make Tesla a better stock. Many of you have seen the movie I ROBOT, when Will Smith is living in the future amongst the rise of robots as helpers (funny, in the movie, they were in the year 2035, but 2035 is only 11 years away). The goal was for these beings to be of service and to change the face of the technology for all. As you will see, this robot is very instrumental in the price and value of Tesla's stock. The first time you saw this, was in a investor day, and it wasn't a bot, but a human; dancing and prancing. But oh what a difference a year makes!

**(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 my time and I will do my best to give you a peace of mind: but YOU will be responsible for your actions. Thank you!!)**

The purpose of the Optimus is to create a general purpose, bi-pedal, autonomous humanoid robot capable of performing unsafe, repetitive or boring tasks.<sup>1</sup> Achieving that end





goal requires building the software stacks that enable balance, navigation, perception and interaction with the physical world. The goals are to streamline businesses by having a 20% workforce that is capable of handling menial tasks that may require heavy lifting. This allows companies not to pay out in medical bills or having to add to their overall employees.

If you have been watching any news, companies are laying off people left and right and that is how many of them are able to function. More taxation and inflation are leaving people no choice but to find different avenues. This is where Tesla takes action. By building these bots, they are able to have them perform the task of making the vehicles. Doesn't this make sense? Building products that are **building products!!** Ultimately, Tesla sees people having this robot in their homes to perform a wide range of tasks, but first, the automaker plans to use them in its own manufacturing operations to perform repetitive and or dangerous tasks.



So there you have it! Tesla is not just a car company. They are a computer company. They are a AI company, and they are a problem solver (with bots). So when you are looking at the stock (which is about to have a quarterly report) just know that there are many factors to it and when you purchase stock, you are investing for the future of the company, not just the present.

### References

<sup>1</sup> Tesla Optimus robot can't build cars yet, but it is folding clothes | Electrek.com



By: Timothy Timzale Alexander

Greetings Everyone; It's Timothy Timzale Alexander. Today we will talk about budgeting and investing in your future at the same time.

**Market Facts & Numbers** for the week: **DOW:38,671.30 S&P:5,026.52 NASQ:15,990.66**  
**RUSS:2,009.99**

**Inflation:** A sustained rise in prices.

**Lot:** Groups of 100 shares.

**Real-Estate investment trust (REIT):** A company that buys, sells and operates land properties.

This is a must needed subject for so many of us, the subject of budgeting while investing in ourselves. To some its simple as it sounds, but for others this is as hard as getting the last toothpaste out of the tube, you have to keep trying until you succeed. First the most important part of getting your finances under control is setting your goals and taking stock of what you have. Once you've done that, you're in a position to move forward and maximize your financial gains. This is where you should start your financial road map to success.

Setting your goals, this helps you understand what and where you are going and how you will achieve these goals. All successful organizations have short-and-long-term goals, a written plan for reaching these goals can help you see your progress and monitor your success on your

way to your destination. If you going to be financially successful, you should have your own goals and plans. The first step is to determine your financial status today. The only you will make and see any change is threw you knowing where your starting from, what is your Net Worth? Finding out your Net Worth will give you a snapshot of your financial condition at the current moment. You will need this information to effectively set the financial goals you'll be working toward, the next thing you should do is list all the things of value that you own, even if you owe money on them, such as your home, or car. Use their full market value of today.

The balances of the loans related to these assets will be included in the liabilities section, so your equity (the amount you actually owe) in the assets you list won't be overstated for Bond, Stock, Options, and retirement accounts, use the current value, not the value at maturity or the value on the date you're fully vested. You should receive statements showing the current value of your account services with values updated daily. The human resources department where you work can help you determine the current value of your company stock options. You should have a Assets column and a Liabilities column with you posting everything within both sections giving you a look at your total financial situation. Now, subtract your liabilities from your assets. If the number is positive (assets are greater than liabilities) you have a positive net worth. You can start building your net worth even more, if the number is negative Net worth (liabilities are greater than assets), you have a negative Net worth, but don't let it discourage you: it's just your starting point. Now that you know exactly where you stand, you can map out your route to a positive net worth.

### **Budgeting**

Now you can get into your plan, many people focus on their immediate wants and needs at the expenses of their short-and long term goals. Current expenses have a way of expanding to use all your available money, making future planning and saving seem impossible, By fo-

cusing on your budget, spending less money than you're bringing in, and keeping a closing watch on your credit spending, you'll be able to save, invest and get ahead.

Think seriously about what you want to achieve. What's important to you? Ask yourself weather the goals you're setting are worth sacrificing some spending now for the future enjoyment of having what will be really meaningful to you later. (**The name of this game is Delayed Gratification not Instant Gratification**), it's no more quick and easy, it's slow and steady this will allow you to win this race when you make it to the finish line, it's not about being first or second it's about winning the race you are in, you have to put everything in writing and never be unwilling to stretch your goals, staying motivated while achieving other goals within your range. The writings should be descriptive of your goals and the outcomes your looking to accomplished, with a time frame for achievements and achieving your goal, the amount saved already, as well as needed and how to get there with a certain amount your putting towards this goal each time money comes in, for example, putting aside \$100 a week or month, with a deadline for achieving your goal creating a sense of urgency that makes it easier to stay focused.

The first thing to do when your starting your budgeting is to **Pay Yourself First,** always put some money up for emergency in a place where you have easy access to this specific amount without mixing this money with your savings or checking accounts, doing this will allow you to pay for things that happen suddenly, car repair, also rental, home repairs, water heaters, windows, pipes bust, should all be taken out this emergency funds first. After you have got your emergency funds built-up, then you should save money for reasons that matter to you, according to your time line. Debts should be paid with the debts that carry the highest interest paid off as quickly as you can, or with you contacting the people holding this debt, if done right you can renegotiate the terms with you getting time extended to have time to pay them off, with you paying a small sum to keep them from putting you into a collection agents

file as well reporting you to the credit bureaus. After you have contacted the right people then you should pay off your debts if you have any that are \$500 or less, if you can pay that off then put that money towards the other debts, clearing off everything quickly is the key. After your out of debt then you should get back to saving as much as you can without putting yourself back in debt as well as growing your account. You should also read the book. **(The Richest Man in Babylon)** by George S. Clason. Giving you some wonderful insight on how to think when it comes to money.

### Credit

I also recommend you attacking your Credit if you have no Credit, you first have to get a copy of your credit report, it's the law they must give you a copy of your report, you can get this from one of the three major Credit bureaus who are **Equifax, Experian, and TransUnion**. You should obtain a report from each of these providers, some information may differ from each other, you can then dispute anything that's not right. You can choose to find a person to put you on there Credit account this is called, **(Au) Authorize User**. This builds up your credit points and your now in the system with a good credit score but you still need to get some traction of your own, this could happen if you get a secured card for a low amount and use it responsibly each month paying off the balance, You should only use 10 to 15% of your total amount and doing this for a year will help you in a tremendous way, you could start this process from here if you have the right net work out there, if this is not a possibility then you can use [www. creditstrong .com](http://www.creditstrong.com) or **Self** these are credit building platforms you can use from prison. These platforms help you with building and creating a history for yourself while here, doing all of this will give you a leg-up before you walk out allowing you to gain a apartment or home once your free.

### Loans

You don't need a 600 credit score to get a home you can get a home with a low score





# KEWANEE HORIZONS VOL. 67 PG. 57

with the **F.H.A 203 (K) loan**, **You could have a score of 500 to 579 and down payment assistance may be available through state home buyers programs, and monetary gifts from friends and family are permitted.** These loans are for us who need help to get in a home. You will be able to acquire loans for starting your own business or help with the people your starting a business with, whatever the case you can have most of your finances taking care of if you apply and work on everything while here.

Thank you for your time and stay the Intelligent Investor in all and as many ways as possible. We will stay on this subject from now on with us giving out more ways to balance your finances while gaining better opportunities for yourself to be of greater benefit to you and your love ones while here and once we are on the other side of these gates.



# HOOP DREAMS

2024

DYROK.



class



WINNER

MONEY...



POKE. YOU AINT TELL HIM ABOUT ME

NARDO

DREAMS DO COME TRU!  
I STILL GOT IT.



NOOOO!

BET A \$100 TO YOUR \$1.

LOSER

PRIEST

# DOG DAYZ OF DYROK





**Aries:** Let your actions inspire others. Get involved in an event that makes you feel passionate about a cause and hopeful about the future. Mix business with pleasure.

**Translation:** Continue to do positive things, your light shines and people are paying attention.



**Taurus:** Reevaluate matters as you go, and you'll make better decisions. Concentrate on what's necessary instead of taking on too much and falling short of your goal. Timing and expertise will be essential.

**Translation:** Take a step back and think about what just happened, then try again, don't give up, everything is going to work out in due time for you.



**Gemini:** Mingle with people who share your interests. The information you pick will help you rethink how you want to move forward. Change only what benefits you. Don't take a risk with your health or assets.

**Translation:** It's best not to get involved with those dudes who you know will get you in trouble, you are on a different path, you know what's best for you.



**Cancer:** Place more faith in yourself and what you can do to make a difference. How you navigate your way through conversations and responsibilities will inspire others.

**Translation:** Stop thinking what you are doing does not matter, it only doesn't matter if you let it, use your skills to get you through.



**Leo:** Overstepping your boundaries will result in backlash. Live up to your promises, and you'll reach your expectations. Handle money, health and contracts with discipline and a no-nonsense attitude.

**Translation:** Stop doing so much, and keep a low profile. Just when you thought you were helping, things go sour. Do what you said you would do and everything will be alright.



**Virgo:** Take control before situations get blown out of proportion. Exaggeration will lead to confusion and disappointment. Size up situations, do your research and make adjustments. Be responsible.

**Translation:** Just when you thought everything was going good, things take a left turn, make that call to try and get things under control with you girl.



**Libra:** You're in a favorable position. Embrace opportunities that come your way. Set up an interview or start something new, and you'll head down a unique path. Enjoy spending time with loved ones.

**Translation:** That job you have has a lot of perks that come with it, don't take advantage of it. Use what you have to set yourself up for the future.



**Scorpio:** Don't force your will on others or succumb to temptation or indulgent behavior. Be true to yourself and to those you want to remain in your life. Protect your position, reputation and health.

**Translation:** Stop telling people its your way or the highway if you want to keep them in your life, compromise is key and be sure to just keep it real.



**Sagittarius:** Stay calm, relaxed and collected, and you'll make headway. Don't take the bait if someone tries to coerce you into an argument. Stick to the facts and practice restraint.

**Translation:** So what someone got under your skin, don't let it get to you, you are smart enough to not get yourself wrapped up in foolishness.



**Capricorn:** Make domestic changes that lower your overhead and encourage you to initiate a strict budget. A partnership looks promising if you divide responsibilities equally. Make your intentions clear.

**Translation:** Stop sending money to that girl and spending so much money on commissary, invest in something that will help you in the future.



**Aquarius:** Talks will lead to trouble, and false information will cause emotional setbacks and disrupt your plans. A straightforward approach will help you deal with a mistake. Romance is favored.

**Translation:** Stop listening to ol boy, he don't know what he's talking about, go straight to the source and go from there.



**Pisces:** Try something exciting. A creative outlet will spark your interest and encourage you to take the plunge and start a new adventure. Find out how to turn what you enjoy doing into a profitable endeavor.

**Translation:** It will not hurt you to try DEFY Ventures Entrepreneur program, it will only make you better and successful.

# STATEWIDE CALL OUT



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



# STATEWIDE CALL OUT



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





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](mailto: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.



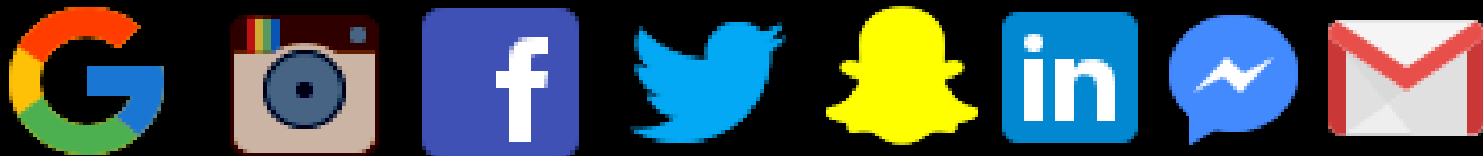
**KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!**

**[doc.kewaneehorizons@illinois.gov](mailto:doc.kewaneehorizons@illinois.gov)**

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