

KEWANEE HORIZONS



BLACK
HISTORY
MONTH

VOLUME 81

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OUTSIDE CONTRIBUTORS...

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.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

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

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

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

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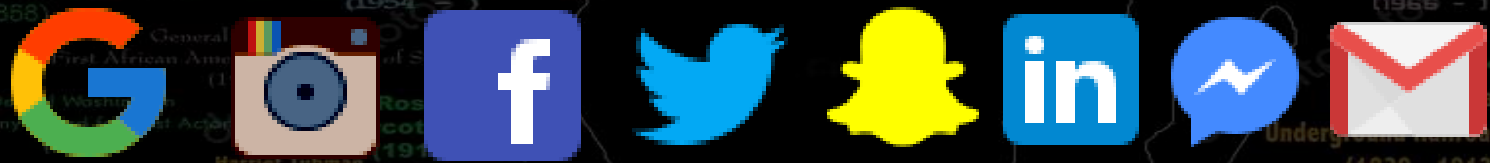
KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

kewaneehorizons@illinois.gov

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

#KEWANEEHORIZONS

THEN LIKE AND SHARE THE POST!



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

IDOC HOME PAGE CLICK "ABOUT" CLICK "NEWS"
THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

What Does Black History Mean To Me?

By: Vernon Watts @ Shawnee C.C.

Greetings Mankind! First I will like to say, History in all forms is very important to me! History is the Blueprint for our future so today can be lived with the importance that we will not repeat the past. History for all races is imperative so one can know their lineage and the story of their ancestors. Me being a Black man; Black History means the world to me and without being aware of those before me I know for a fact I couldn't become or wouldn't become the man I am today. Growing up in the streets sent me on a path that was only rooted in gangsterism, selfishness, and an arrested development mentality that kept me submerged in the present unable to see beyond or what's ahead of me. Living in that blinded state negated everything that was good about me; so once I made the choice to research the Dr. King's, Malcolm X's, Ida B. Wells, and Harriet Tubman's, I began to see there were people who looked like me, been thru what I been thru and fought so I could have the opportunities to become more than a street legend. Studying those before me encouraged me to environment to dictate who I should become. Knowing what those before me accomplished and achieved propelled me to dream and accept my life was not a nightmare. So what does Black History mean to me? It means I must pay it forward. What I learned, it means I have the abilities to overcome any situation because someone did it before me. It means once I learn, embrace, and live my History as a Black man, I can appreciate every race's history more because even though we all have different stories, we all have one thing in common and that is the thread of God that connects us all as the human family.

Who Do I Admire?

I admire people, I could have singled out someone like Lebron James, Muhammad Ali, Serena, Beyonce, Oprah, or Barak Obama. But I choose to admire anyone who has drive, determination, and dedication to become their highest self. I admire the person who overcome their circumstances despite the circumstance seeming it will consume their entire life. Admiration is an avenue to be motivated and not get stuck in only being a fan, but being someone who can use others success to achieve your success. So who do I admire? I admire me. I admire I made a conscious decision to study History of my Ancestors, I admire I had the courage to walk away from street gangs to join God's army, I became the man God destined me to be by being a leader with his own opinion. But most importantly, I admire you, because most don't read the Kewanee Horizons, but you chose to read them because you know T.I.M.E. invested is time well worth it!

(Taking Initiative More Everyday)

ALL OF US DRIVEN BY A SIMPLE BELIEF THAT THE WORLD AS IT IS JUST WON'T DO... HAVE AN OBLIGATION TO FIGHT FOR THE WORLD AS IT SHOULD BE.

Michelle Robinson Obama

Visions: Through The Eyes of Africa

By: Manuel E Aceituno @ Mt. Sterling C.C

They will come to destroy, in search of blood.
Slaver's of humanity, with their steel and guns.
My children fight amongst each other, and rage across my land.
I seen no escape from these takers of man.
They will come in peace, with betrayal in their hearts.
In friendship my children will welcome their death's into bondage they do depart.
My children will struggle, in chains they will set sail. Across the ocean bolted in hell.
My traditions, my strengths, travel the distance within.
My children will persist, they will succeed, become free, to prevail.
Knocked down and beaten, my children will be thought to be broken.
A token unlocked, my strength reopened.
My children will change a nation, become

dreamer's, and leaders.
They will suffer the past, to become America's future
A choice, a promise, in destiny's hands.
To bring Mother Earth's children together,
To overcome the destruction of man.

**WE ARE INEVITABLY OUR BROTHER'S KEEPER
BECAUSE WE ARE OUR BROTHER'S BROTHER.**

Dr. Martin Luther King Jr.

Who Is Someone That Admire?

By: Courtney Blakes @ Mt. Sterling C.C.

Who is s someone that I admire? All the strong minded black men that crossed my path during this bit, who NEVER gave up. Who NEVER let this boatload of time get to them. Who's #1 goal was and is going home! See this is my first time I've been to prison. I got arrested when I was a 20 year old kid. But now I am 31 years old and I've dove head first into my legal work and I've gotten my case reopened and I have a court date later on this year for a third stage of my post conviction. So needless to say, that young dumb black kid that's from the south side of Peoria was completely lost. But I do want to say thank you to all those guys for pointing him in the right direction because now my outdate is really within arms reach!

**SURVIVING IS IMPORTANT.
THRIVING IS ELEGANT.**

Maya Angelou



Under The Spotlight

By: Terrence J. Williamson @ Centralia C.C.

Under the spotlight they call us
Cruel, black, senseless monsters,
Death seekers, and blood hunters,
Placing in the minds of the world
That we are worthless and to not want us.

Under the spotlight we are always wrong
No matter if we are stomped or kicked to
death

They claim, "I didn't do nothing" and "What I
do ?"
Is our favorite song.

Probably thinking, "Since you like to sing and
dance

So much, well then sing on noccott, sing on."
Just look at the news, you can see every clip.
There is the map,
So, know that I am not sending you a bogus
trip.

It's not right, we are always wrong,
They say, "He had to do something,
He's not where he belongs.

Look at his height, his body size,
His dark brown eyes and the way he wears
that hat."

I read between the lines and it's like their say-
ing, "He deserves to die,
That animal, ape,
No more of that Kool-Aid you call purple
drank when it's really grape."

It's not right we are always wrong, and in
their hatred, they say everything about this
dead, black, child
But 'His mother must be strong". Because in
truth, that was her rock, crushed and gone.
Her flower, her rising sun, her pride and joy
That she went through hard labor and pain to
have him, and you took him, her baby boy.

Under the spotlight they call us Cruel,
black, senseless monsters, Death
Seekers, and blood hunters, Placing
In the minds of the world that we
Are worthless and to not want us.

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Now I see why it seems like We
Don't have a chance. The fight
was fixed way in advance,
Hundreds of years ago when
you ripped the motherland
right out of your hands, Being
Cruel, black, senseless monsters.

Times are supposed to be changed,
But now and again you smear
Martin and Malcom's coming with your own
fame,
Yet through it all we rise
That's what Maya Angelou was saying.

Under the spotlight we are the most hated,
Because they don't want us around,
Ironically, we are the most loved
Because they take everything from us
Claiming it as their very own,
But their version is watered down.

Under the spotlight they call us so many
things that when the truth
Is right in front of their face,
They are blind.

Well, under or out of the spotlight,

This is what I see; in us,
Surely, I've seen signs and symbols of negativ-
ity,
No doubt as I've seen in you!

But in us, I also see positivity, beauty, creativ-
ity and longevity.

We already had the presidency,
So I see strength, power, willing, and witti-
ness.

I see humility, patience flushed with ambition.
I see hope, so I see faith and love built under
Gods grace.

I see brothers and sisters standing together in
unity.

Then I see mothers and fathers tired of non-
sense and pain
For we as a world are supposed to be equals,
we need that change.

So I see care and concern,
I see confidence and drive,
Determination with all means to stay alive.

Under the spotlight and these signs and sym-
bols,

In us I see many things.

But most of all I see people, human beings,
I see life...I see life.

Equal and freely wanting to live, I see **LIFE**.

SHINE THROUGH

By: Clarence Prather @ Galesburg C.C.

“There is no evidence that black people are less respectable, less moral, or less upstanding in their dealings with America, nor with themselves. But there is over whelming evidence that America is irresponsible, immoral, and unconscionable in its dealings with black people and with itself. Urging African Americans to become super humans is great advice if you are concerned with creating extraordinary individuals. It is terrible advice if you are concerned with creating an equitable society. The black freedom struggle is not about raising a race of hyper moral super humans. It is about all people garnering the right to live like the normal humans they are” By: Coates...

Black history to me means we will never be “completely” accepted in America. That’s what the history of our past says about our future. The question is how do we manage with this truth? One way is to really understand the power that we hold as individuals, and as a collective race. We don’t and should never fight to be accepted in America. America should be fighting for us to accept it, for what our ancestors and ourselves have been unapologetically subjected to. But our past is constantly catching up to us. Every time we assume that we have finally conquered racism in America we are sadly reminded by tragic unnecessary events that we haven't conquered anything other than a false sense of security.

Our people are suffering because we so easily and maybe even consciously forget where we've crawled from, and that’s the deadliest trap anybody can set, and us to get caught in. There's power, strength, and soul moving knowledge associated with knowing that we black people were once slaves, who (against all odds) over came that part of our Black History. We should find peace and purpose when we look back on how we’re much better off then our ancestors were, because they fought for this possibility. We still have a ways to go but more on

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a personal checking and understanding of our community better than we currently do.

Have you ever thought about all the hateful words or stigmas that have been associated with the black community? Were called liars, deadbeats, cheats, violent, loud etc. and that's even before they say "hello". But when you really think about how nihilistic that actually is you see the real issue which is these individuals really envy us. If were really all those bad names and really self destructive why do they go through such lengths to harm or kill us? Why do they risk their jobs, lives, and freedoms to abuse people who they claim abuse themselves? Its simply because were not only being systematically attacked because of our skin color but also because of our strength and resilience we have despite this goliath we consistently battle and stand up against.

We are strong by the blood, sweat, and tears of our ancestors. It still amazes me how the world underestimates the black community when we've proven time and time again that were here to stay. We have to keep coming together in comprehensive ways to push even further into this system that so purposefully and desperately wants us to never be apart of it. We as a people have to believe that we truly matter, because WE DO! We know in our hearts what we need to do to make our communities better and uplift our people and keep our voices heard.

Lastly, let me say that the media giants and certain individuals in powerful positions want conflict and separation through the over propaganda of racism which is very much alive in America but not as "American controlled" as they make it out to be. Generally speaking (in my opinion) the majority of people want to live in peace and harmony, but America (the machine) spreads this disease of hate for their own diabolical reasons. Who do I admire? Myself, my culture, my black people, and the future that has no limits of where we can go!

Facing Our Obstacles

By: Akylia Robertson @ Decatur C.C.

To our women in prison, this is not the end.

God loves us regardless, no matter of our sins.

The devil came knocking, unfortunately he got in

But now it's up to us to repair and repent

Open your hearts to love and to see,

That we will remain stronger than the devil can be.

So, today we will stand by God and together.

So let's bow our heads and we'll say this prayer;

God's on our side and one day, we will be out of here!

ITS BETTER TO LOOK AHEAD AND PREPARE THAN TO LOOK BACK AND REGRET.

Jackie Joyner-Kersee

DESTINED 2 BE

By: Antonio Perkins @ Jacksonville C.C.

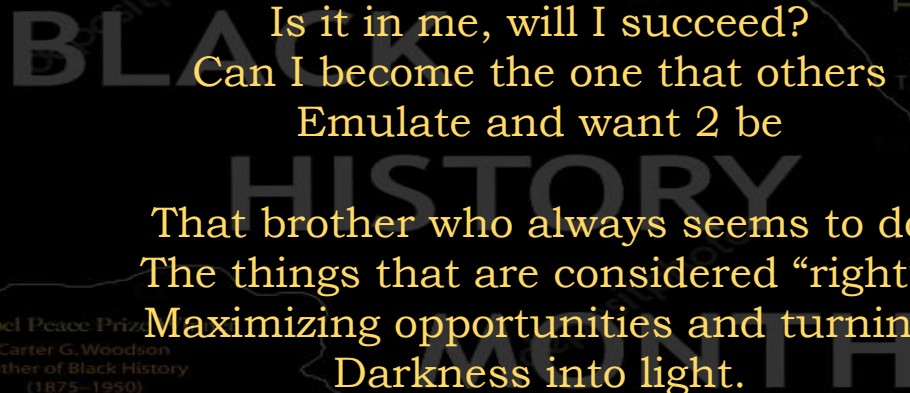
How can I become great?
Is it in me, will I succeed?
Can I become the one that others
Emulate and want 2 be

That brother who always seems to do
The things that are considered "right".
Maximizing opportunities and turning
Darkness into light.

Though the process, one who's always
Seeking progress. thought provoking and
In rhythm with my higher self.

A man of God blessed with good fortune
And health. Financially responsible and
Independent, who's business breeds success/

One who believes in community as well as
Giving back to the hood from which he came/
With creative ideas and innovative ways
To bring generational wealth and change.



Thurgood Marshall
Supreme Court Judge
(1908 - 1993)

William Lloyd Garrison
Published the 'Liberator'
(1805-1879)

Nat Turner
slave revolt leader
(1800-1831)

Barack Obama
First African American President & Nobel Peace Prize
(1961-)

General Colin Powell
First African American Secretary of State
(1937 -)

Dred Scott
Freedom Fighter "Dred Scott Decision"
(1795-1858)

W.E.B Dubois
NAACP Founder
(1868 - 1963)

Denzel Washington
Academy Award for Best Actor
(1954 -)

Phillis Wheatley
Poetry Published
(1753 - 1784)

Madam C.J. Walker
Hair Care Entrepreneur & Philanthropist
(1867 - 1919)

Thurgood Marshall
Supreme Court Judge
(1908 - 1993)



Carter G. Woodson
Father of Black History
(1875-1950)

Dr. Martin Luther King Jr.
Civil Rights Leader & Nobel Peace Prize Winner
(1929 - 1968)

General Colin Powell
First African American Secretary of State
(1937 -)

Harriet Tubman
Underground Railroad Leader
(1820 - 1913)

George Washington Carver
Scientist, Botanist, Educator & Inventor
(1864-1943)

Thurgood Marshall
Supreme Court Judge
(1908 - 1993)

Booker T. Washington
The Tuskegee Institute
(1856 - 1915)

Oprah Winfrey
Multi Award Winning Talk Show
(1954 -)

Barack Obama
President & Nobel Peace Prize Winner
(1961 -)

Rosa Parks
Boycott & NAACP
(1913-2005)

Malcom X
Public Speaker & Human Rights Activist
(1925-1965)

Dred Scott
Freedom Fighter "Dred Scott Decision"
(1795-1858)



Frederick Douglass
Human Rights Leader Abolition movement
(1817 - 1895)

Booker T. Washington
The Tuskegee Institute
(1856 - 1915)

Joseph Cinque
African Slave Revolt Leader
(1813 - 1879)

Condoleezza Rice
Secretary of State
(1954 -)

Denzel Washington
Academy Award for Best Actor
(1954 -)

Madam C.J. Walker
Hair Care Entrepreneur & Philanthropist
(1867 - 1919)

Halle Berry
Academy Award for Best Actress
(1966 -)

Rosa Parks
Boycott & NAACP
(1913-2005)

Harriet Tubman
Underground Railroad Leader
(1820 - 1913)

Robert L. Johnson
Black Entertainment Television (BET)
(1946 -)

Thurgood Marshall
Supreme Court Judge
(1908 - 1993)

Booker T. Washington
The Tuskegee Institute
(1856 - 1915)

HEALING CIRCLE

By: Abdur Ra'uf Hearn @ Danville C.C.

October 31st has a long aura of scariness for most in this country. Children now view it as a lesser version of Christmas that instead of receiving gifts they receive candy. But as a thirty-eight old man October 31st, 2022 was one of the scariest days of my life. It wasn't scary because I was awaiting medical results indicating I had a terminal illness, nor was it scary because I was about to start trial, neither was it scary because there was about to be a humongous fight in the chow-hall and who knows where the tower officer is going to point that gun. But I was utterly frightened that day because I was about to meet face-to-face with my victims Mother in a Restorative Justice session.

I once was a juvenile lifer, but in 2022 my sentence was vacated and I sat in my county jail awaiting resentencing. At this time it had been 21 years since my conviction and I had for decades been plagued mentally with trying to figure out how to make amends. I'm not a subscriber to the Twelve Steps, but how can an individual consider themselves to be reformed without trying to rectify one of the most egregious wrongs known to mankind, that being murder. With my mind made up I told attorneys from the Illinois Prison Project that I wanted to own-up to what I did, speak for myself and meet the women whose child's life I took. A few weeks later a selfless man by the name of Father David Kelly from Precious Blood Ministries came to visit me. Father Kelly is a man dedicated to bringing healing to the most unfortunate situa-



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tions. He is a man who in reality deserves the Presidential Medal of Freedom for the services he provides to the downtrodden. Father Kelly sat across from me explaining how he was going to facilitate this Restorative Justice session, a session that some call a Healing Circle. No matter the title that some may give it, what it really is if I could best describe it is LIFE CHANGING, but it just so happened for me to fall on October 31st.

The night before I lied there staring at the bunk above me, I could barely sleep, mortified thinking about what was going to occur the next day. As the minutes and hours ticked down the nervousness and anxiety intensified. When it was time, I dressed out into civilian cloths (thanks to the consideration of my judge) and was escorted to a small quaint conference room in the courthouse. Father Kelly came into the room first accompanied by a couple of Sister from Precious Blood. In his hands was a box of items to be used in the Healing Circle. Next to come into the room was my younger sister Brittany, who was also allowed to participate because she was affected as well. The last person to be brought into the room was the women who deserved to have me get down and kiss her feet, Tracie. Just the sight of her caused me to sob.

As the blurriness of my vision abated the emotions in the room was palpable. The last time I had saw Tracie was decades ago in a courtroom. We sat there quietly for moments that felt like hours. We wordlessly were trying to acclimate to the situation. Normally the Healing Circle would just be the participants sitting together in a circle, but because of the room set-up we sat at such a small table that Tracie could have easily reached across the table and slapped me, however she didn't. I studied her weathered face and graying hair. I knew that I was the cause of her trauma that she ruminated upon everyday for the past 21 years. She couldn't look at me at first, I was her pain, her terror, her boogie man and it was on this Halloween day that I came to be in her presence again. Then we locked eyes and began to talk...about everything. She asked questions and I answered, I asked questions and she answered. I can't, rather won't go into exactly what was said as the norm in Healing Circles is

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confidentiality, but I can tell you NOTHING was left off the table. We all spoke to our satisfaction.

Whether you know it or not, the unfunny thing about trauma is that any moment of any day you are subject to reliving the most terrible horror you may have ever suffered through. Just the slightest sound, smell, or sight can cause a whole host of emotions to flood back into the forefront of your mind. The debilitating thing about trauma also is that reliving these horrors everyday shatters our emotional volume control, as stress hormones course our veins everyday and leaves our lives in a constant state of upheaval. We can either become numb to emotions thereafter or violently overreact to situations that doesn't call for such a reaction.

In prison we tend to build a new life for ourselves trying to achieve a certain degree of comfort. At the same time we tend to compartmentalize, or dissociate with those actions and those emotions that brought us here in the first place. Although one event such as taking someone's life doesn't make you who you are, it will forever be a part of you. It is imperative for each of us to be cognizant on a daily basis what trauma we've brought on other people in order do never do so again. I am a believer that to heal and become whole again we must recognize the trauma we've inflicted on others. If it hurt people then on the other side of that equation it must also be true that healed people, heal people.

With all that being said I also recognize the mentality of a lot of us who may still be actively going through the appeals process and our reluctance to possibly do or say anything that would prevent us from getting a favorable decision from the court. But I would beg those of you reading this, who haven't anything to lose and whose appeal process may be completed, to explore the use of Healing Circle. Sitting across from someone whom you robbed of them something, (someone) so precious, is a very difficult thing to do. And it doesn't matter if that person's life we took was involved in the "street life" either, because they meant something to their friends and family too. However, we must at some point in our maturation process in our effort to become contributors to society again, confront what we did and do every-



PEER LED SHOWCASE

The Ladies 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 FACTS PT 1

The civil rights movement was an organized effort by Black Americans to end racial discrimination and gain equal rights under the law. It began in the late 1940s and ended in the late 1960s. Although tumultuous at times, the movement was mostly nonviolent and resulted in laws to protect every American's constitutional rights, regardless of color, race, sex or national origin.

July 26, 1948: President Harry Truman issues Executive Order 9981 to end segregation in the Armed Services.

May 17, 1954: Brown v. Board of Education, a consolidation of five cases into one, is decided by the Supreme Court, effectively ending racial segregation in public schools. Many schools, however, remained segregated.

August 28, 1955: Emmett Till, a 14-year-old from Chicago is brutally murdered in Mississippi for allegedly flirting with a white woman. His murderers are acquitted, and the case bring international attention to the civil rights movement after *Jet* magazine publishes a photo of Till's beaten body at his open-casket funeral.

December 1, 1955: Rosa Parks refuses to give up her seat to a white man on a Montgomery, Alabama bus. Her defiant stance prompts a year-long Montgomery bus boycott.

January 10-11, 1957: Sixty Black pastors and civil rights leaders from several southern states—including Martin Luther King Jr.—meet in Atlanta, Georgia to coordinate nonviolent protests against racial discrimination and segregation.

September 4, 1957: Nine Black students known as the "Little Rock Nine" are blocked from integrating into Little Rock Central High School in Little Rock, Arkansas. President Dwight D. Eisenhower eventually sends federal troops to escort the students, however, they continue to be harassed.

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September 9, 1957: Eisenhower signs the Civil Rights Act of 1957 into law to help protect voter rights. The law allows federal prosecution of those who suppress another's right to vote.

February 1, 1960: Four African American college students in Greensboro, North Carolina refuse to leave a Woolworth's "whites only" lunch counter without being served. The Greensboro Four—Ezell Blair Jr., David Richmond, Franklin McCain and Joseph McNeil—were inspired by the nonviolent protest of Gandhi. The Greensboro Sit-In, as it came to be called, sparks similar "sit-ins" throughout the city and in other states.



How the Greensboro Four Sit-In Sparked a Movement

When four Black students refused to move from a segregated Woolworth's lunch counter in 1960, nation-wide student activism gained momentum.

Read more [Read more about How the Greensboro Four Sit-In Sparked a Movement](#)

November 14, 1960: Six-year-old Ruby Bridges is escorted by four armed federal marshals as she becomes the first student to integrate William Frantz Elementary School in New Orleans. Her actions inspired Norman Rockwell's painting *The Problem We All Live With* (1964).

1961: Throughout 1961, Black and white activists, known as freedom riders, took bus trips through the American South to protest segregated bus terminals and attempted to use

“whites-only” restrooms and lunch counters. The Freedom Rides were marked by horrific violence from white protestors, they drew international attention to their cause.

May 2, 1963: More than 1,000 Black school children march through Birmingham, Alabama in a demonstration against segregation. The goal of the non-violent demonstration, which became known as the "Children's Crusade," was to provoke the city's leaders to desegregate. Although the police were mostly restrained the first day, that did not continue. Law enforcement brought out water hoses and police dogs. Journalists documented the young demonstrators getting arrested and hosed down by the Birmingham police, causing national outrage. Eventually an agreement was made to desegregate lunch counters, businesses and restrooms and improve hiring opportunities for Black people in Birmingham.

The Fight Against Segregation in Birmingham

June 11, 1963: Governor George C. Wallace stands in a doorway at the University of Alabama to block two Black students from registering. The standoff continues until President John F. Kennedy sends the National Guard to the campus.

August 28, 1963: Approximately 250,000 people take part in The March on Washington for Jobs and Freedom. Martin Luther King gives his “I Have A Dream” speech as the closing address in front of the Lincoln Memorial, stating, “I have a dream that one day this nation will rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident: that all men are created equal.’”

September 15, 1963: A bomb at 16th Street Baptist Church in Birmingham, Alabama kills four young girls and injures several other people prior to Sunday services. The bombing fuels angry protests.

July 2, 1964: President Lyndon B. Johnson signs the Civil Rights Act of 1964 into law, preventing employment discrimination due to race, color, sex, religion or national origin. Title VII of the Act establishes the U.S. Equal Employment Opportunity Commission (EEOC) to help prevent workplace discrimination.

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February 21, 1965: Black religious leader Malcolm X is assassinated during a rally by members of the Nation of Islam.

March 7, 1965: Bloody Sunday. In the Selma to Montgomery March, around 600 civil rights marchers walk to Selma, Alabama to Montgomery—the state’s capital—in protest of Black voter suppression. Local police block and brutally attack them. After successfully fighting in court for their right to march, Martin Luther King and other civil rights leaders lead two more marches and finally reach Montgomery on March 25.

Selma to Montgomery March

August 6, 1965: President Johnson signs the Voting Rights Act of 1965 to prevent the use of literacy tests as a voting requirement. It also allowed federal examiners to review voter qualifications and federal observers to monitor polling places.

April 4, 1968: Martin Luther King Jr. is assassinated on the balcony of his hotel room in Memphis, Tennessee. James Earl Ray is convicted of the murder in 1969.

April 11, 1968: President Johnson signs the Civil Rights Act of 1968, also known as the Fair Housing Act, providing equal housing opportunity regardless of race, religion or national origin.

How the Warren Court Expanded Civil Rights in America

As chief justice of the U.S. Supreme Court, Warren led a court that decided multiple historic rulings on civil rights cases.



KEWANEE HORIZONS VOL 81 PG. 25

Harriet Tubman
Underground Railroad Leader
(1820 - 1913)

William Lloyd Garrison
Published the 'Liberator'
(1805-1879)

Carter G. Woodson
Father of Black History
(1875-1950)

Phillis Wheatley
Poetry Published
(1753 - 1784)

Thurgood Marshall
Supreme Court Judge
(1908 - 1993)

William Lloyd Garrison
Published the 'Liberator'
(1805-1879)



Barack Obama
President of the United States
(2009-2017)

Thurgood Marshall
Supreme Court Judge
(1908 - 1993)

George Washington Carver
Scientist, Botanist, Educator & Inventor
(1864-1943)

Nat Turner
slave revolt leader
(1800-1831)

Frederick Douglass
Human Rights Leader Abolition movement
(1817 - 1875)

Booker T. Washington
The Tuskegee Institute
(1856 - 1915)

Joseph Cinque
African Slave Revolt Leader
(1813 - 1879)

Did World War II Launch the Civil Rights Movement?

Centuries of prejudice and discrimination against blacks fueled the civil rights crusade, but World War II and its aftermath were arguably the main catalysts.

General Colin Powell
First African American Secretary of State
(1937 -)

Dr. Martin Luther King Jr.
Civil Rights Leader & Nobel Peace Prize Winner
(1929 - 1968)

Dred Scott
Freedom Fighter "Dred Scott Decision"
(1795-1858)

W.E.B Dubois
NAACP Founder
(1868 - 1963)

Denzel Washington
Academy Award for Best Actor
(1954 -)

Phillis Wheatley
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Hair Care Entrepreneur & Philanthropist
(1867 - 1919)

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Supreme Court Judge
(1908 - 1993)

Dr. Martin Luther King Jr.
Civil Rights Leader & Nobel Peace Prize Winner
(1929 - 1968)



Condoleezza Rice
Secretary of State
(2001-2005)

Denzel Washington
Academy Award for Best Actor
(1954 -)

Madam C.J. Walker
Hair Care Entrepreneur & Philanthropist
(1867 - 1919)

HALLE BERRY
OSCAR AWARD FOR BEST ACTRESS
(1966 -)

Rosa Parks
Boycott & NAACP
(1913-2005)

Harriet Tubman
Underground Railroad Leader
(1820 - 1913)

Robert L. Johnson
Entertainment Television (BET)
(1946 -)

Booker T. Washington
Tuskegee Institute
(1856 - 1915)

Oprah Winfrey
Multi Award Winning Talk Show
Nobel Peace Prize Winner
(1954 -)

Rosa Parks
Boycott & NAACP
(1913-2005)

Rosa Parks' Early Life

Rosa Louise McCauley was born in Tuskegee, Alabama, on February 4, 1913. She moved with her parents, James and Leona McCauley, to Pine Level, Alabama, at age 2 to reside with Leona's parents. Her brother, Sylvester, was born in 1915, and shortly after that her parents separated.

Did you know? When Rosa Parks refused to give up her bus seat in 1955, it wasn't the first time she'd clashed with driver James Blake. Parks stepped onto his very crowded bus on a chilly day 12 years earlier, paid her fare at the front, then resisted the rule in place for Black people to disembark and re-enter through the back door. She stood her ground until Blake pulled her coat sleeve, enraged, to demand her cooperation. Parks left the bus rather than give in.

Rosa's mother was a teacher, and the family valued education. Rosa moved to Montgomery, Alabama, at age 11 and eventually attended high school there, a laboratory school at the Alabama State Teachers' College for Negroes. She left at 16, early in 11th grade, because she needed to care for her dying grandmother and, shortly thereafter, her chronically ill mother. In 1932, at 19, she married Raymond Parks, a self-educated man 10 years her senior who worked as a barber and was a long-time member of the National Association for the Advancement of Colored People (NAACP). He supported Rosa in her efforts to earn her high-school diploma, which she ultimately did the following year.

Rosa Parks: Roots of Activism

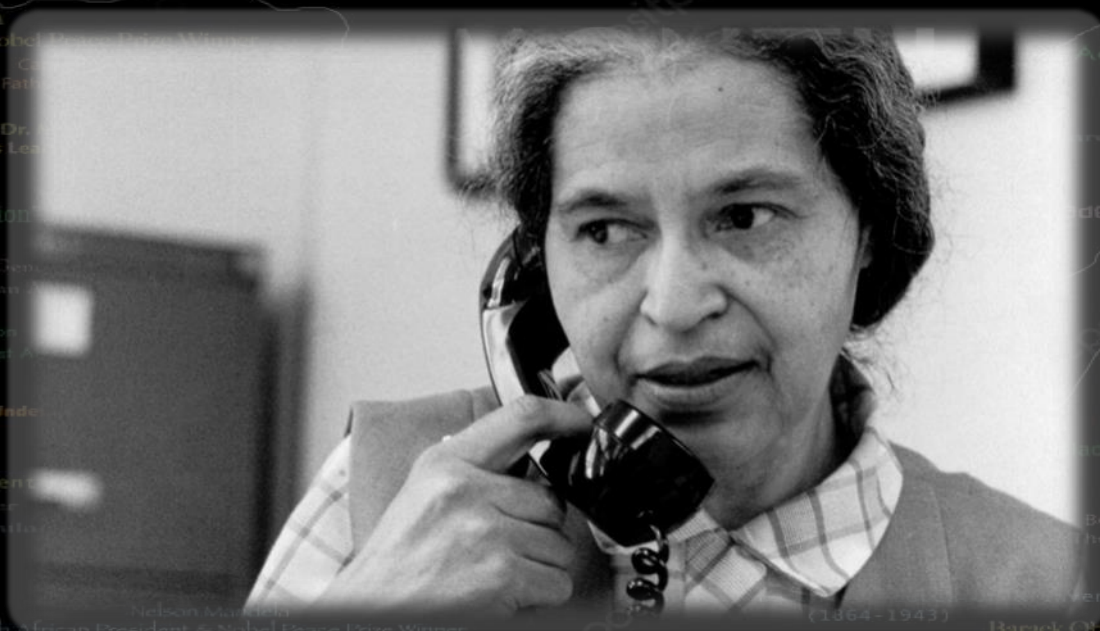
Raymond and Rosa, who worked as a seamstress, became respected members of Montgomery's large African American community. Co-existing with white people in a city governed by "Jim Crow" (segregation) laws, however, was fraught with daily frustrations: Black people could attend only certain (inferior) schools, could drink only from specified water fountains and could borrow books only from the "Black" library, among other restrictions.

Although Raymond had previously discouraged her out of fear for her safety, in December

1943, Rosa also joined the Montgomery chapter of the NAACP and became chapter secretary. She worked closely with chapter president Edgar Daniel (E.D.) Nixon. Nixon was a railroad porter known in the city as an advocate for Black people who wanted to register to vote, and also as president of the local branch of the Brotherhood of Sleeping Car Porters union.

BLACK HISTORY

Before the Bus, Rosa Parks Was a Sexual Assault Investigator
Why has history left out this piece of Rosa Parks' story?



W.E.B. Dubois NAACP Founder (1868 - 1963)

Oprah Winfrey Multi Award Winning Talk Show (1954 -)

Barack Obama First African American President & Nobel Peace Prize Winner (1961 -)

Thurgood Marshall Supreme Court Judge (1908 - 1993)

William Lloyd Garrison Published the 'Liberator' (1805-1879)

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Rosa Parks Boycott & NAACP (1913-2005)

Harriet Tubman Underground Railroad Leader (1820 - 1913)

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Dred Scott Freedom Fighter "Dred Scott Decision" (1795-1858)

General Colin Powell First African American Secretary of State (1937 -)



Montgomery Bus Boycott

For 382 days, almost the entire African American population of Montgomery, Alabama, including leaders Martin Luther King Jr. and Rosa Parks, refused to ride on segregated buses. The protests marked a turning point in the American civil rights movement.

December 1, 1955: Rosa Parks Is Arrested

On Thursday, December 1, 1955, the 42-year-old Rosa Parks was commuting home from a long day of work at the Montgomery Fair department store by bus. Black residents of Montgomery often avoided municipal buses if possible because they found the Negroes-in-back policy so demeaning. Nonetheless, 70 percent or more riders on a typical day were Black, and on this day Rosa Parks was one of them.

Segregation was written into law; the front of a Montgomery bus was reserved for white citizens, and the seats behind them for Black citizens. However, it was only by custom that bus drivers had the authority to ask a Black person to give up a seat for a white rider. There were contradictory Montgomery laws on the books: One said segregation must be enforced, but another, largely ignored, said no person (white or Black) could be asked to give up a seat even if there were no other seat on the bus available.

Nonetheless, at one point on the route, a white man had no seat because all the seats in the



BLACK HISTORY MONTH

designated “white” section were taken. So the driver told the riders in the four seats of the first row of the “colored” section to stand, in effect adding another row to the “white” section. The three others obeyed. Parks did not.

“People always say that I didn’t give up my seat because I was tired,” wrote Parks in her autobiography, “but that isn’t true. I was not tired physically... No, the only tired I was, was tired of giving in.”

Eventually, two police officers approached the stopped bus, assessed the situation and placed Parks in custody.

Rosa Parks and the Montgomery Bus Boycott plaintiff in a case that might become the test of the validity of segregation laws. Sitting in Parks’ home, Nixon convinced Parks—and her husband and mother—that Parks was that plaintiff. Another idea arose as well: The Black population of Montgomery would boycott the buses on the day of Parks’ trial, Monday, December 5. By midnight, 35,000 flyers were being mimeographed to be sent home with Black schoolchildren, informing their parents of the planned boycott.

On December 5, Parks was found guilty of violating segregation laws, given a suspended sentence and fined \$10 plus \$4 in court costs. Meanwhile, Black participation in the boycott was much larger than even optimists in the community had anticipated. Nixon and some ministers decided to take advantage of the momentum, forming the Montgomery Improvement Association (MIA) to manage the boycott, and they elected Reverend Dr. Martin Luther King Jr.—new to Montgomery and just 26 years old—as the MIA’s president.

As appeals and related lawsuits wended their way through the courts, all the way up to the U.S. Supreme Court, the Montgomery Bus Boycott engendered anger in much of Montgomery’s white population as well as some violence, and Nixon’s and Dr. King’s homes were bombed. The violence didn’t deter the boycotters or their leaders, however, and the drama in Montgomery continued to gain attention from the national and international press.

On November 13, 1956, the Supreme Court ruled that bus segregation was unconstitutional; the boycott ended December 20, a day after the Court’s written order arrived in Montgomery.

Parks—who had lost her job and experienced harassment all year—became known as “the mother of the civil rights movement.”

Rosa Parks's Life After the Boycott

Facing continued harassment and threats in the wake of the boycott, Parks, along with her husband and mother, eventually decided to move to Detroit, where Parks' brother resided. Parks became an administrative aide in the Detroit office of Congressman John Conyers Jr. in 1965, a post she held until her 1988 retirement. Her husband, brother and mother all died of cancer between 1977 and 1979. In 1987, she co-founded the Rosa and Raymond Parks Institute for Self-Development, to serve Detroit's youth.

In the years following her retirement, she traveled to lend her support to civil-rights events and causes and wrote an autobiography, *Rosa Parks: My Story*. In 1999, Parks was awarded the Congressional Gold Medal, the highest honor the United States bestows on a civilian. (Other recipients have included George Washington, Thomas Edison, Betty Ford and Mother Teresa.) When she died at age 92 on October 24, 2005, she became the first woman in the nation's history to lie in honor at the U.S. Capitol.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

Carter G. Woodson: The Man Behind Black History



Dr. Carter G. Woodson dedicated his life to educating African Americans about the achievements and contributions of their ancestors.

Read more about Carter G. Woodson: The Man Behind Black History Month

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing "Negro History Week." By the late 1960s, thanks in part to the civil rights movement and a growing awareness of Black identity, "Negro History Week" had evolved into Black History Month on many college campuses.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black

Americans in every area of endeavor throughout our history.”

Today, Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as Harriet Tubman, Sojourner Truth, Marcus Garvey, Martin Luther King Jr., Malcolm X and Rosa Parks to leaders in industry, politics, science, culture and more.

Did you know? The NAACP was founded on February 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.

Black History Month 2024 Theme

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2024 theme, “African Americans and the Arts,” explores the key influence African Americans have had in the fields of "visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression."

Black history in the United States is a rich and varied chronicle of slavery and liberty, oppression and progress, segregation and achievement. Though captive and free Africans were likely present in the Americas by the 1400s, the kidnapped men, women and children from Africa who were sold first to European colonists in 1619, and later to American citizens, became symbolic of the early years of Black history in the United States.

The fate of enslaved people in the United States divided the nation during the Civil War. And after the war, the racist legacy of slavery persisted, spurring movements of resistance, including the Underground Railroad, the Montgomery Bus Boycott, the Selma to Montgomery March, and, later, the Black Lives Matter movement. Through it all, Black leaders, artists and writers have emerged to shape the character and identity of a nation.

Slavery Comes to North America, 1619

To satisfy the labor needs of the rapidly growing North American colonies, white European

settlers turned in the early 17th century from indentured servants (mostly poorer Europeans) to a cheaper, more plentiful labor source: enslaved Africans. After 1619, when a Dutch ship brought 20 Africans ashore at the British colony of Jamestown, Virginia, slavery spread quickly through the American colonies. Though it is impossible to give accurate figures, some historians have estimated that 6 to 7 million enslaved people were imported to the New World during the 18th century alone, depriving the African continent of its most valuable resource—its healthiest and ablest men and women.

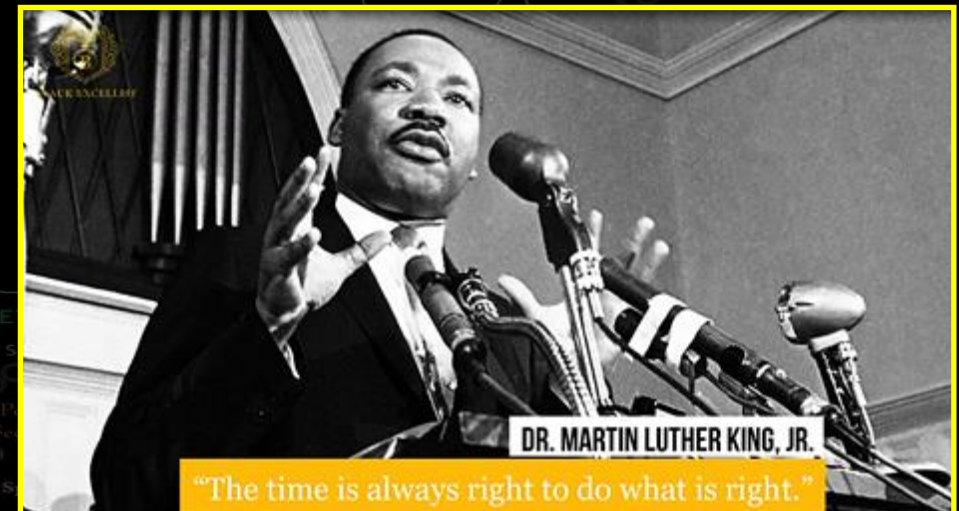
After the American Revolution, many colonists (particularly in the North, where slavery was relatively unimportant to the economy) began to link the oppression of enslaved Africans to their own oppression by the British. Though leaders such as George Washington and Thomas Jefferson—both slaveholders from Virginia—took cautious steps towards limiting slavery in the newly independent nation, the Constitution tacitly acknowledged the institution, guaranteeing the right to repossess any “person held to service or labor” (an obvious euphemism for slavery).

Many northern states had abolished slavery by the end of the 18th century, but the institution was absolutely vital to the South, where Black people constituted a large minority of the population and the economy relied on the production of crops like tobacco and cotton. Congress outlawed the import of new enslaved people in 1808, but the enslaved population in the U.S. nearly tripled over the next 50 years, and by 1860 it had reached nearly 4 million, with more than half living in the cotton-producing states of the South.

The greatest gift is not being afraid to question.

Ruby Dee

BLACK HISTORY QUOTES



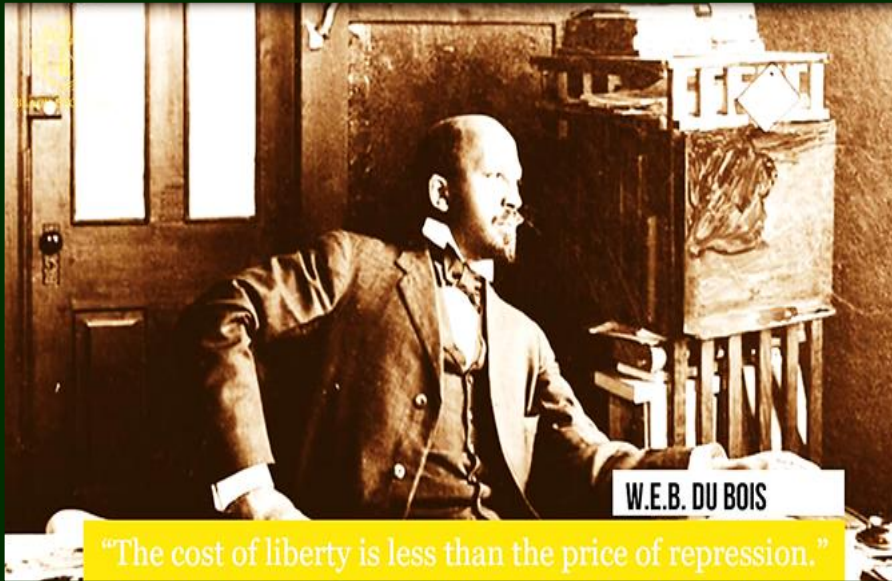
KEWANEE HORIZONS VOL 81 PG. 35

W.E.B. Dubois

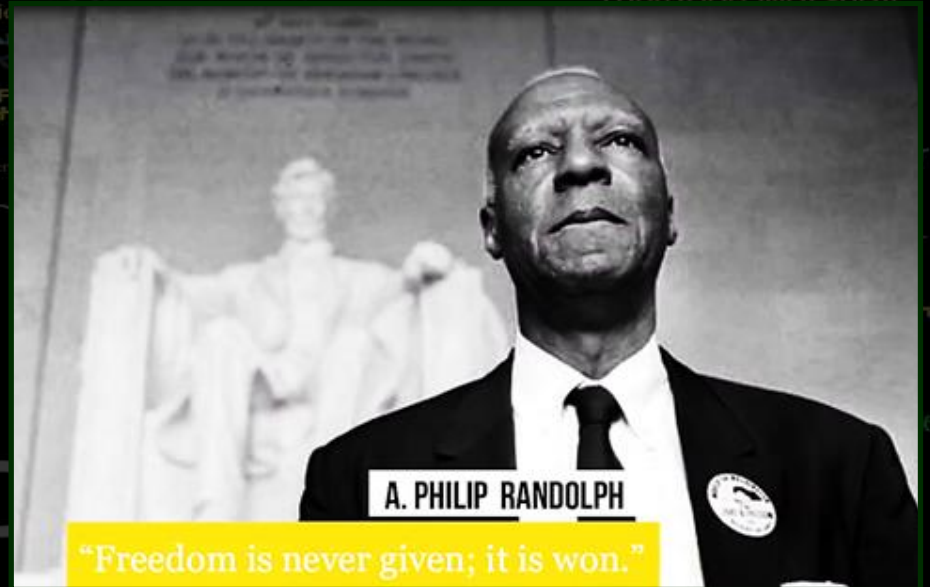
Onrah Winfrey

Barack Obama

Thurgood Marshall



"The cost of liberty is less than the price of repression."



"Freedom is never given; it is won."

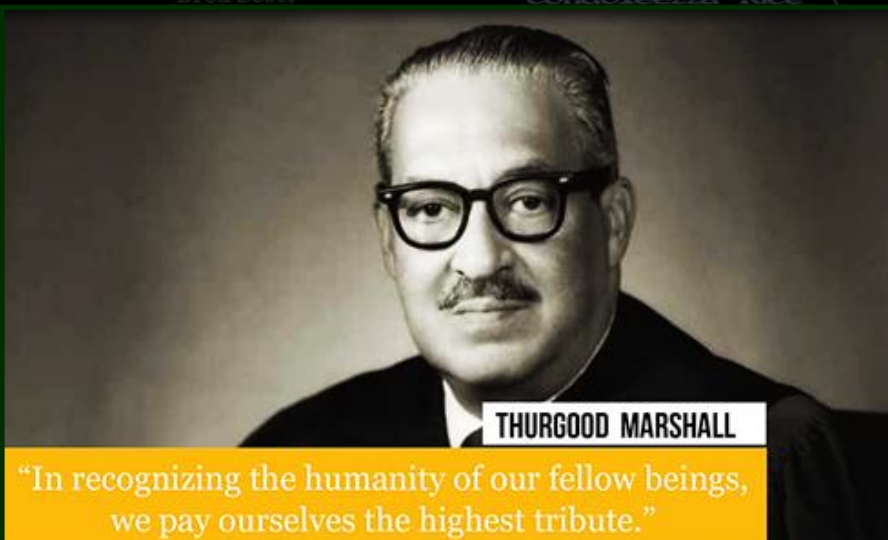
Barack Obama
First African American President & Nobel Peace Prize Winner
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Carter G. Woodson
Father of Black History
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General Colin Powell
First African American Secretary of State
(1937 -)
Dr. Martin Luther King Jr.
Civil Rights Leader & Nobel Peace Prize Winner
(1929 - 1968)

MONTH

Denzel Washington
Academy Award for Best Actor
(1954 -)
Madam C.J. Walker
Hair Care Entrepreneur & Philanthropist
(1867 - 1919)

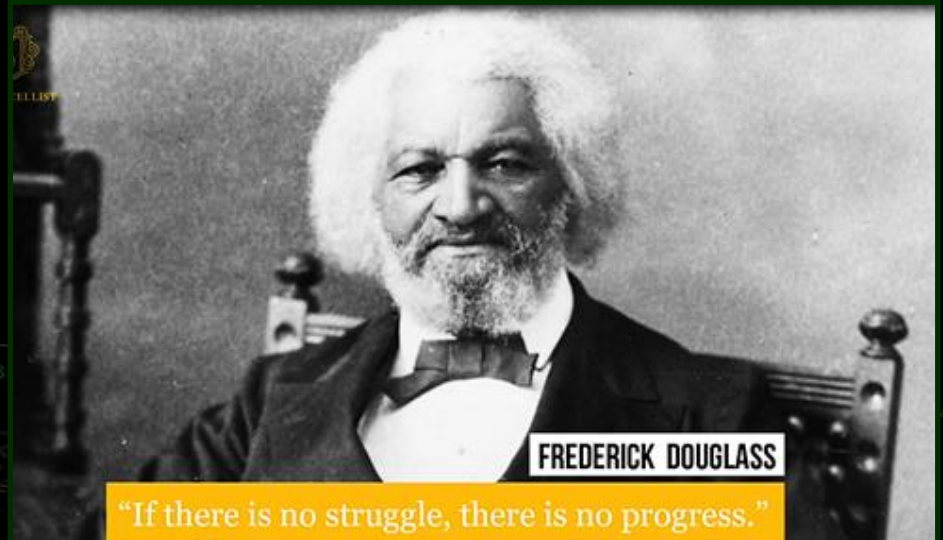
Dred Scott

Condoleezza Rice



"In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."

(1795-1858)



"If there is no struggle, there is no progress."

(1925-1965)

(1913-2005)

KEWANEE HORIZONS VOL 81 PG. 36



CORETTA SCOTT KING

"Hate is too great a burden to bear. It injures the hater more than it injures the hated."

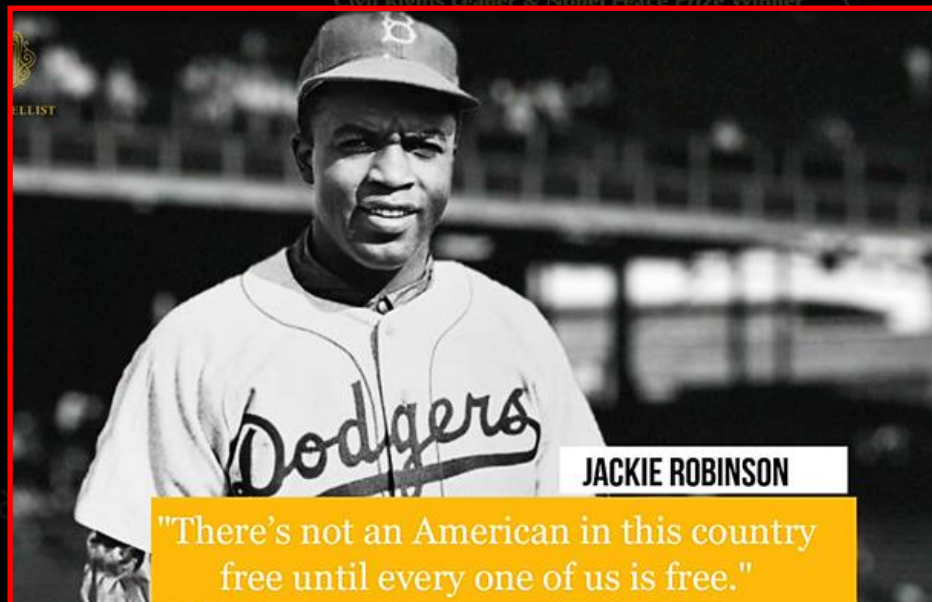


LANGSTON HUGHES

"Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly."

slave revolt leader (1800-1831)
Barack Obama First African American President & Nobel Peace Prize Winner (1961-)
Carter G. Woodson Father of Black History (1875-1950)
General Colin Powell First African American Secretary of State (1937-)
Dr. Martin Luther King Jr. Civil Rights Leader & Nobel Peace Prize Winner
Thurgood Marshall Secretary of State (1954 -)
Denzel Washington Academy Award for Best Actor (1954 -)
Madam C.J. Walker Hair Care Entrepreneur & Philanthropist

MONTH



JACKIE ROBINSON

"There's not an American in this country free until every one of us is free."



COLIN POWELL

"Have a vision. Be demanding."

KEWANEE HORIZONS VOL 81 PG. 37

W.E.B. Dubois
Oprah Winfrey
First African American
Barack Obama
Thurgood Marshall



BLACK EXCELLIST

ROSA PARKS

"I have learned over the years that when one's mind is made up, this diminishes fear."

Barack Obama
Thurgood Marshall



MICHAEL JORDAN

"I can accept failure. Everyone fails at something. But I can't accept not trying."

(1800-1851)

Barack Obama
First African American President & Nobel Peace Prize Winner (1961-)

Carter G. Woodson
Father of Black History (1875-1950)

General Colin Powell
First African American Secretary of State (1937-)

Dr. Martin Luther King Jr.
Civil Rights Leader & Nobel Peace Prize Winner (1929 - 1968)

Dred Scott
Condoleezza Rice

Secretary of State (1954 -)

Denzel Washington
Academy Award for Best Actor (1954 -)

Madam C.J. Walker
Hair Care Entrepreneur & Philanthropist (1867 - 1919)

HALLE BECCY

MONTH


BLACK EXCELLIST



SUSAN L. TAYLOR

"Whatever we believe about ourselves and our ability comes true for us."

BLACK EXCELLIST



DESMOND TUTU

"My humanity is bound up in yours, for we can only be human together."

(1795-1858)

(1925-1965)

(1913-2005)

FAMOUS BLACK PAINTERS PT1



BLACK EXCELLIST



The Museum of Contemporary Art 

#1

JEAN-MICHEL BASQUIAT 1960 - 1988

TOTAL SALES OF PAINTINGS 2008-2018: \$1.7 BILLION

Dr. Martin Luther King Jr. Civil Rights Leader & Nobel Peace Prize Winner (1929 - 1968)
General Colin Powell First African American Secretary of State (1937 -)
Dred Scott Freedom Fighter "Dred Scott Decision" (1795-1858)
Malcom X Public Speaker & Human Rights Activist (1925-1965)
Rosa Parks Boycott & NAACP (1913-2005)

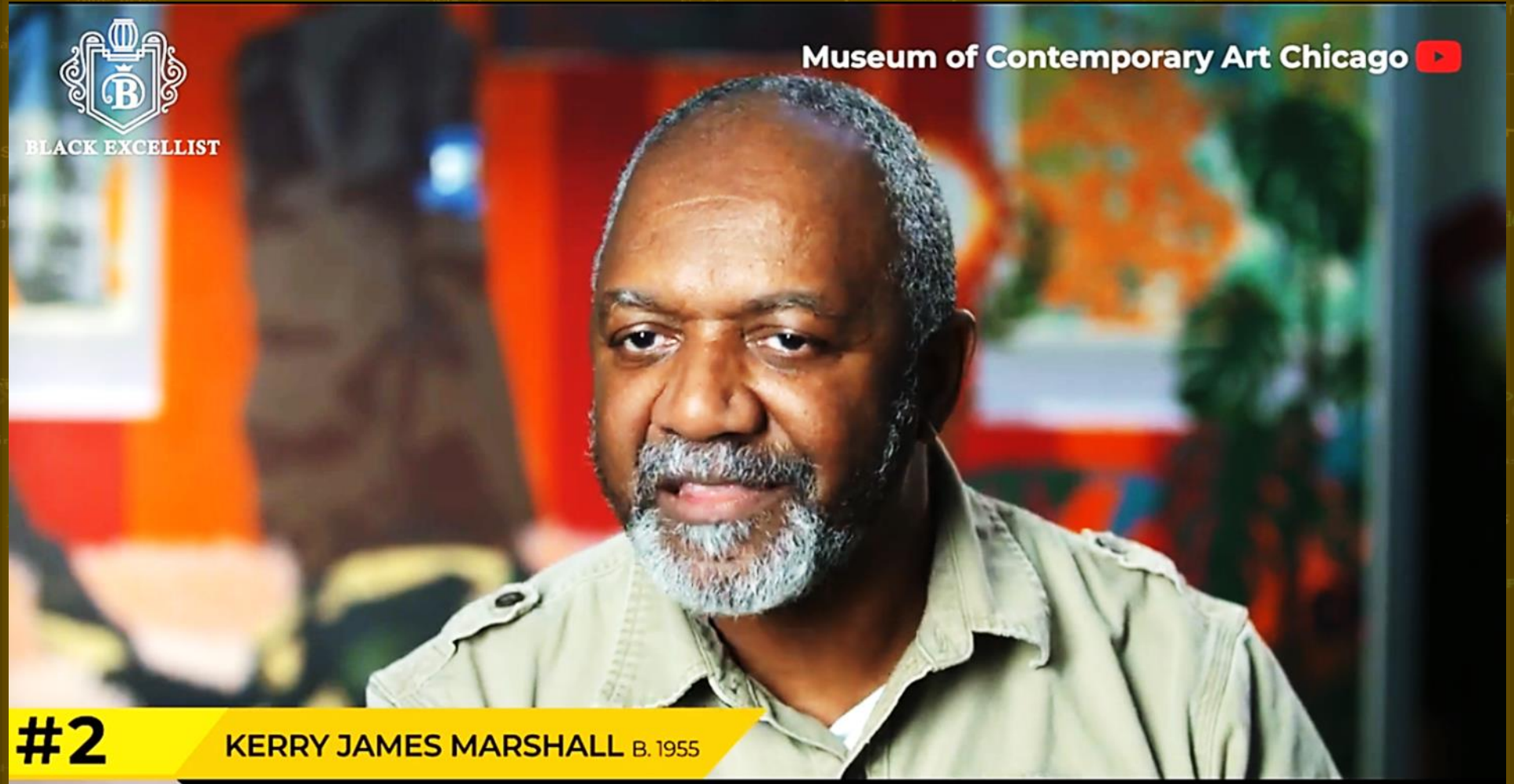
KEWANEE HORIZONS VOL 81 PG. 39

W.E.B Dubois NAACP Founder (1868 - 1963) Oprah Winfrey Multi Award Winning Talk Show (1954 -) Barack Obama First African American President & Nobel Peace Prize Winner (1961 -) Thurgood Marshall Supreme Court Judge (1908 - 1993)
 Harriet Tubman Underground Railroad Leader (1820 - 1913) Malcom X Public Speaker & Human Rights Activist (1925-1965) Madam C.J. Walker Hair Care Entrepreneur & Philanthropist (1867 - 1919) Denzel Washington Academy Award for Best Actor (1954 -)
 William Lloyd Garrison Published the Liberator (1809 - 1872) Nelson Mandela South African President & Nobel Peace Prize Winner (1918 - 2013) Frederick Douglass Human Rights Leader Abolition movement (1817 - 1895) George Washington Carver (1894 - 1940)



BLACK EXCELLIST

Museum of Contemporary Art Chicago 



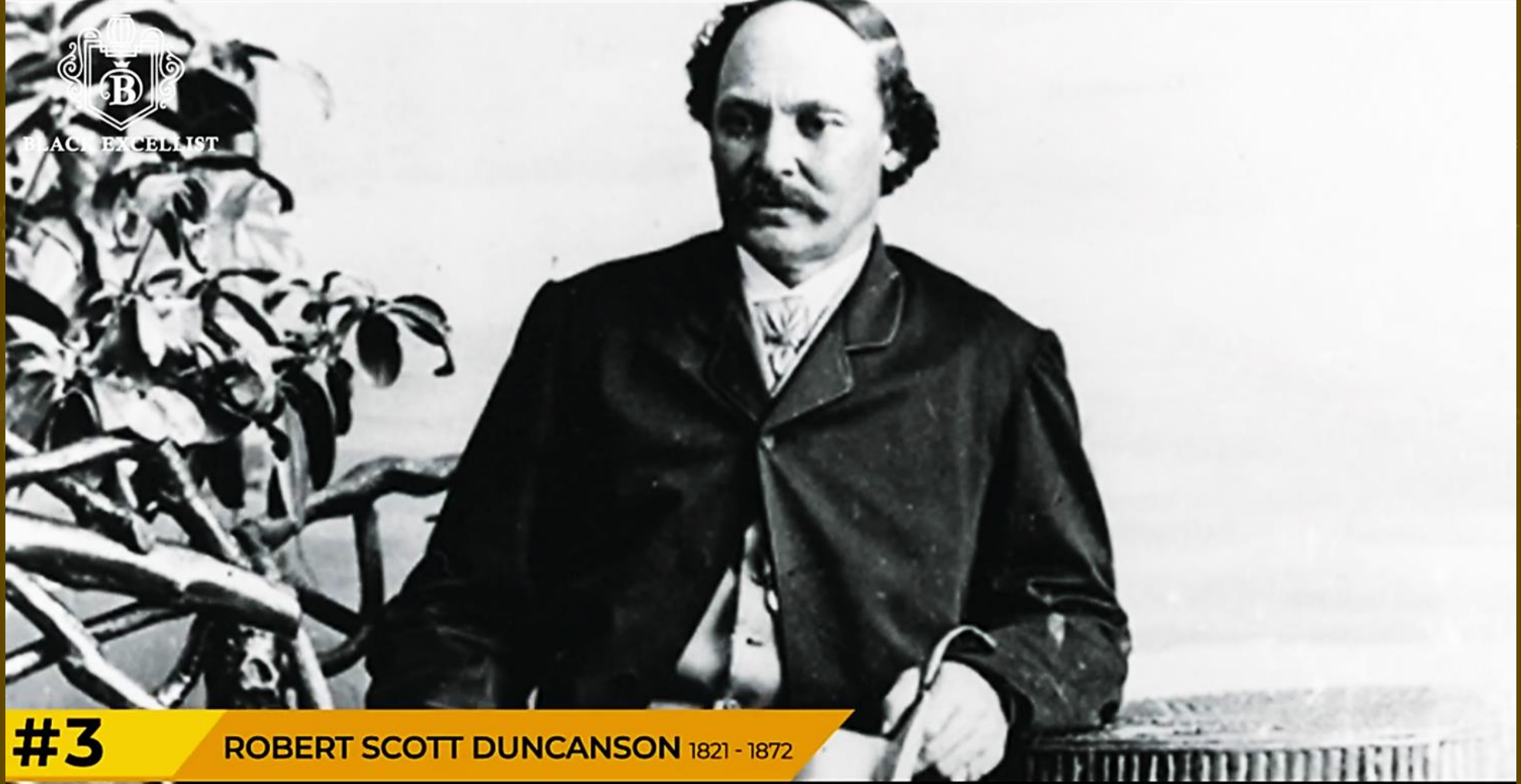
#2

KERRY JAMES MARSHALL B. 1955

TOTAL SALES OF PAINTINGS 2008-2018: \$46.6 MILLION

Dr. Martin Luther King Jr. Civil Rights Leader & Nobel Peace Prize Winner (1929 - 1968) Nelson Mandela South African President & Nobel Peace Prize Winner (1918 -) Barack Obama First African American President & Nobel Peace Prize Winner (1961 -)
 Dred Scott Freedom Fighter "Dred Scott Decision" (1795-1858) General Colin Powell First African American Secretary of State (1937 -) Rosa Parks Boycott & NAACP (1913-2005)
 Malcom X Public Speaker & Human Rights Activist (1925-1965)

W.E.B. Dubois (1868 - 1963) NAACP Founder
 Oprah Winfrey (1954 -) Multi Award Winning Talk Show
 Barack Obama (1961 -) First African American President & Nobel Peace Prize Winner
 Thurgood Marshall (1908 - 1993) Supreme Court Judge
 Harriet Tubman (1820 - 1913) Underground Railroad Leader
 Malcom X (1925-1965) Public Speaker & Human Rights Activist
 Madam C.J. Walker (1867 - 1925) Hair Care Entrepreneur & Philanthropist
 Denzel Washington Academy Award for Best Actor (1954 -)
 William Lloyd Garrison Human Rights Leader
 Nelson Mandela (1918 -) South African President & Nobel Peace Prize Winner
 Frederick Douglass (1818 - 1895) Human Rights Leader Abolition movement



#3 ROBERT SCOTT DUNCANSON 1821 - 1872

KNOWN AS "THE GREATEST LANDSCAPE PAINTER IN THE WEST"

Dr. Martin Luther King Jr. (1929 - 1968) Civil Rights Leader & Nobel Peace Prize Winner
 Rosa Parks (1913-2005) Boycott & NAACP
 Dred Scott (1795-1858) Freedom Fighter "Dred Scott Decision"
 General Colin Powell (1937 -) First African American Secretary of State
 Malcom X (1925-1965) Public Speaker & Human Rights Activist
 Barack Obama (1961 -) First African American President & Nobel Peace Prize Winner

KEWANEE HORIZONS VOL 81 PG. 41

W.E.B. Dubois (1868 - 1963) NAACP Founder
 Oprah Winfrey (1954 -) Multi Award Winning Talk Show Host
 Barack Obama (1961 -) First African American President & Nobel Peace Prize Winner
 Thurgood Marshall (1908 - 1993) Supreme Court Judge
 Harriet Tubman (1820 - 1913) Underground Railroad Leader
 Malcom X (1925-1965) Public Speaker & Human Rights Activist
 Madam C.J. Walker (1867 - 1925) Hair Care Entrepreneur & Philanthropist
 Denzel Washington (1954 -) Academy Award for Best Actor
 William Lloyd Garrison (1805-1872) Published the Liberator
 Nelson Mandela (1918 -) South African President & Nobel Peace Prize Winner
 Frederick Douglass (1817 - 1895) Human Rights Leader Abolition movement
 George Washington Carver (1894 - 1943) Agricultural Scientist



BLACK EXCELLIST



#4

ALMA THOMAS 1891 - 1978

ONE OF HER PAINTINGS SOLD FOR \$2.6 MILLION IN 2019


Dr. Martin Luther King Jr. (1929 - 1968) Civil Rights Leader & Nobel Peace Prize Winner
 Rosa Parks (1913-2005) Boycott & NAACP
 Dred Scott (1795-1858) Freedom Fighter "Dred Scott Decision"
 General Colin Powell (1937 -) First African American Secretary of State
 Malcom X (1925-1965) Public Speaker & Human Rights Activist
 Barack Obama (1961 -) First African American President & Nobel Peace Prize Winner

KEWANEE HORIZONS VOL 81 PG. 42

Harriet Tubman (1820 - 1913) Underground Railroad Leader
W.E.B Dubois (1868 - 1963) NAACP Founder
Oprah Winfrey (1954 -) Multi Award Winning Talk Show
Barack Obama (1961 -) First African American President & Nobel Peace Prize Winner
Thurgood Marshall (1908 - 1993) Supreme Court Judge
Malcom X (1925-1965) Public Speaker & Human Rights Activist
Marian C.J. Walker (1867 - 1925) Hair Care Entrepreneur & Philanthropist
Denzel Washington (1954 -) Academy Award for Best Actor
Nelson Mandela (1918 -) South African President & Nobel Peace Prize Winner
Frederick Douglass (1817 - 1895) Human Rights Leader Abolition movement
George Washington Carver (1896 - 1943) Scientist, Botanist, Educator & Inventor



BLACK EXCELLIST

Modern Art Museum of Fort Worth 



#5

MARK BRADFORD B. 1951

TOTAL SALES OF PAINTINGS 2008-2018: \$117.2 MILLION

Dr. Martin Luther King Jr. (1929 - 1968) Civil Rights Leader & Nobel Peace Prize Winner
Nelson Mandela (1918 -) South African President & Nobel Peace Prize Winner
General Colin Powell (1937 -) First African American Secretary of State
Barack Obama (1961 -) First African American President & Nobel Peace Prize Winner
Rosa Parks (1913-2005) Boycott & NAACP
Dred Scott (1795-1858) Freedom Fighter "Dred Scott Decision"
Malcom X (1925-1965) Public Speaker & Human Rights Activist

AFRICANA AMERICAN QUOTATIONS

TALENT WINS GAMES, BUT TEAMWORK AND INTELLIGENCE WINS CHAMPIONSHIPS.

Michael Jordan

HATE IS TO GREAT A BURDEN TO BEAR. IT INJURES THE HATER MORE THAN IT INJURES THE HATED.

Coretta Scott King

FIND THE GOOD. ITS ALL AROUND YOU. FIND IT, SHOWCASE IT, AND YOU'LL START BELIEVING IN IT.

EVERY MAN GOT A RIGHT TO HIS OWN MISTAKES. AIN'T NO MAN THAT AIN'T MADE ANY.

Joe Louis

KENYANEE HORIZONS VOL 81 PG. 44

IF YOU DON'T KNOW WHERE YOU COME FROM, IT'S DIFFICULT TO ASSESS WHERE YOU ARE. IT'S EVEN MORE DIFFICULT TO PLAN WHERE YOU ARE.

Joseph E. Lowery

AFRICA IS NOT ONLY OUR MOTHER, BUT IN THE LIGHT OF MOST RECENT SCIENCE IS BEGINNING TO APPEAR AS THE MOTHER OF CIVILIZATION.

Audre Lorde

EXCELLENCE IS THE NAME OF THE GAME NO MATTER WHAT COLOR OR WHAT COUNTRY YOU'RE FROM.

MOST FEARS STEMS FROM SINS; TO LIMIT ONE'S SINS, ONE MUST ASSUREDLY LIMIT ONE'S FEAR, THEREBY

Dreadful Triumph

By: Keith Roberson

Dreadful Triumph: 1. A win/victory at a heavy cost/loss: ex.: I/we won but the cost paid was Grave. 2; something created and validated at the expense of hurt, pain or misery. ex: the creation of B.L.M is already making change; its just sad what we had to endure for such change. 3; winning but not "winning". Ex. slavery is over!! We're free!

First off I'm a black man born and raised in Greenville, Mississippi. So I just want to say this is just one of my point of views of what my feels on black history is...(flash-backing) Growing up; Grandma use to drink and dip snuff and she would have these moments where she would always tell me old folk stories about everything; how they work back then, how they slept, made money for nothing, about friends, family and celebrations. She would even hit a few songs; and then it would happen. You see I knew it would happen, I would kind of be anticipating it; she would have that frighten look in her eyes wide open staring at nothing; off into space. Talking about whatever her mind had gone back in time to. She would be talking in third person or to someone who wasn't there; even repeating what someone else said like a script she was reading or re-enacting. It would last until she snapped out of it or I got scared; Grandma! Grandma! Wake up! Grandma! And she would snap back like; Boy! why the hell you grabbing on me like dat nah hell!?! You was talking to yourself again! And we would laugh: I mean laugh hard! (R.I.P Grandma Liz: love you).

No disrespect but in some sense Black History has always been like a big BEWARE OF DOG

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sign the world and freedom displayed everywhere for people of color. When we are taught the history of our people, remembering the pictures depicted, the stories told, movies or news clips shown. Like Root, Rosewood, Selma, The Story of Emmitt Till and The Rodney King beating news clip. The many stories of how our people was punished, displayed for sale & treated etc. I mean these stories come from school, books, T.V, parents, family and experiences. I'm trying to see how can't you be fearsome after digesting all that as a Person of Color rather child or adult. Now we've overcome; triumph but still to this day there is still a lot to overcome, its fearsome, and dreadful. It's like not tying your shoes; you have to know you just cant walk through life like that, you might/will trip and fall and hurt yourself. So Black History with ALL our triumph is still telling/warning us to beware. Cause basically YOU! a Person of Color, the color of your skin is your untied shoe and you have to know you just cant walk through life like that its very likely/you will trip and fall and hurt yourself. You as a Person of Color. Now don't get me wrong Black History has educated many on all that was sacrificed and the many triumph's that occurred for our sake. And I'm PROUD, GRATEFUL, THANKFUL AND FOREVER IN DEBT TO ALL BEFORE, CURRENT AND TO COME. TRIUMPH; OBAMA!!!! MAN! When OBAMA went in office and that black family stood side by side hand in hand and lifted their arms up. I was like we won; we FINALLY won; Black History Excellence *sigh*. BUT man Obama went into office looking like the poster child for SLOGLO later came out looking like a full blooded tygrenant *smile* . OBAMA; TRIUMPH; And there where soo many more.

BLACK HISTORY MONTH

W.E.B Dubois NAACP Founder (1868-1963)
Oprah Winfrey Multi Award Winning Talk Show (1954-)
Barack Obama First African American President & Nobel Peace Prize Winner (1961-)
Thurgood Marshall Supreme Court Judge (1897-1993)
Harriet Tubman (1820-1913)
Frederick Douglass (1758-1845)
Denzel Washington (1954-)
Nelson Mandela (1918-2013)
George Washington Carver (1846-1943)
Rosa Parks (1913-2005)
Malcolm X (1925-1965)
William Lloyd Garrison (1805-1879)
Nat Turner (1800-1831)
General Colin Powell (1937-)
First African American Secretary of State (1961-)
Condoleezza Rice (1954-)
Rosa Parks Boycott & NAACP (1913-2005)
Dr. Martin Luther King Jr. (1929-1968)
Dred Scott (1795-1858)
Public Speaker & Human Rights Activist (1925-1965)

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Now DREADFUL TRIUMPH: How many inspiring monumental pivotal Black Men has died before their time; young and full of life? What has history shown us; what have we been taught? Black History...How many black men and women has been murdered thus triggering B.L.M/ now B.L.M has had its triumph; but it comes with fear and a history of hurt, misery and pain. Cause you're like oh s***, oh lord, what now and not again; please Jesus...B.L.M; A DREADFUL TRIUMPH. But what being black in America once was and is today; triumph but still; as a person of Color In America, DREADFUL. Sadly but this dreadful triumph is back by the evidence of Black History. Now figuratively literally the fear isn't just foreign, its domestic as well; in house. What we as People of Color do to each other is somewhat cannibalistic; cause we feed off our own people. (R.N.S) Example; Rap has put food on the table for endless families, but also ended endless families; a DREADFUL TRIUMPH. You see you young whippa snappa's. I come from an era where the grandma's were the shot-callers. When you saw that cane/walker and that old lady in that moo-moo; you knew somebody was in trouble. It wasn't no backdoor when the grandma's squash the beef; the beef was squash!!! They were the law and any back lip; grandma back hand caught bodies!! But that's history, making history now; that's how they smoke you out. By hitting your mother, grandma, even kids...KIDS?!?? The mold's broke; the code's broke. Its like we declared Civil War against us?!? This will be part of the Black History left for my kids kids. B.L.M, Me Too, Drill music, the rise and fall of a lot of the greats, all these title phases moments and many more. Each like the History before them will hold a fear that comes with, before or after the triumph. When triumph is cast by a big/bigger shadow of fear. I guess the question becomes is or was it worth it; in THIS case...

ABSOLUTELY!!!

IF I STRIVE; THEN MAYBE I'LL STAY ALIVE...

RAKIM



WHAT BLACK HISTORY MEANS TO ME!

By: D'Arious M. Bowens

Black History to me is history forged in resilience. Countless men and women standing up against the odds and pushing forward. When told “no” from people filled with hate, men and women in Black History proceeded to pursue their dreams and aspirations. George Washington Carver developing many ways to use a peanut, Fredrick Douglas gaining an education when it was frowned upon for a black man to read, or Malcolm X going from spending years behind bars to transforming his life and becoming a leader in the black community. There are countless cases of people in Black History who stood up against the odds, too many to name.

Something special that also stands out to me in Black History was the comradeship amongst blacks. Everyone would stand up for one another. The Black Panther Party setting up after school programs for students, building hospital for blacks, and overall looking out for the communities. Even with the new movements such as Black Lives Matter, we've seen moments of comradeship which was a beautiful thing to me. I would love to see more moments in our communities where we have more comradeship, more black people looking out for one another. I wish that the media will show more moments of blacks in our communities doing good in the community instead of just shining light on dark moments that go on.

Black History is American History. Black people shed blood, sweat, and tears to make this country great. We can look to all those Black men and women in history for their resilience and comradeship to add on to our history and continue to push forward in our land of the free.

Why you should care about a writers life in prison

By: Henry Broomfield

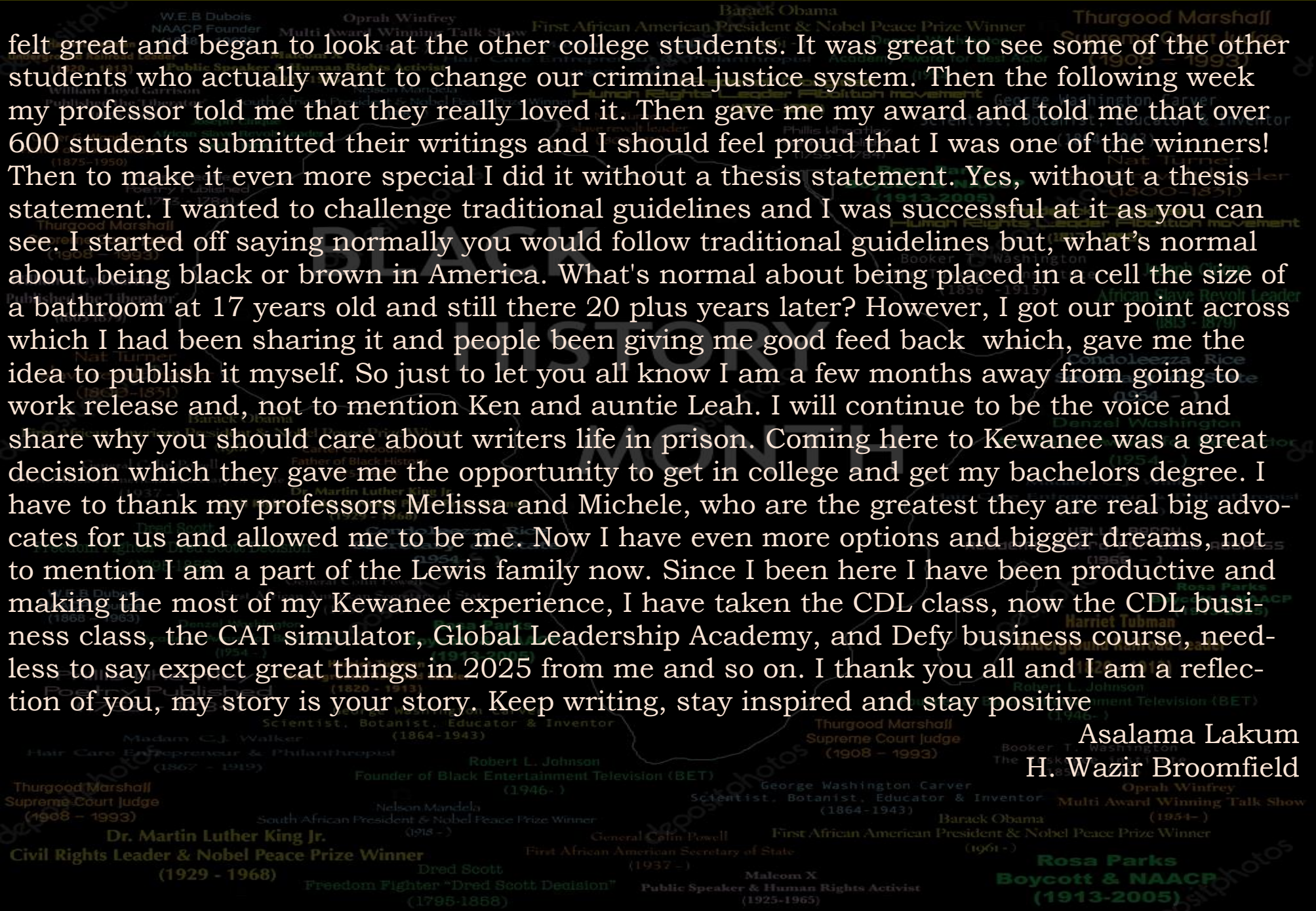
I am a student for Lewis University and in the summer time I choose to write about 'why you should care about a writers life in prison'. Each student in the class had a similar topic which I felt the topic wasn't deep enough and so I made one that I felt would reach a certain group of people. Which we had to read it in front of the class. My professors told me that it was great and unknown to me they submitted it to various places. However, in the fall just before one of our classes they told me that I was one of the three in prison that was selected, a total of 11 people to present my work at Lewis University First Year Writers showcase. When I first got the news in class I was excited but sad in a way because some of the people that I wanted share it with are no longer living. I had been writing for many years and mainly sharing it with my peers. Which it hit different when you have a University saying we love what you wrote and we want you to read it to the people. I wrote it for the other side of America who look down on us and shared why you should care about a writers life in prison. So this was my opportunity to be the voice for us and a positive representation of what rehabilitation looks like. Through web ex I was able to attend as well as have loved ones in attendance. I had a few supporters show up and they gave me the feed back and told me that the crowd loved it. I could hear the round of applause and many people clapping. While I was reading I heard someone say, 'I know that's right!' I smiled a bit and keep on reading. When I was done I



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felt great and began to look at the other college students. It was great to see some of the other students who actually want to change our criminal justice system. Then the following week my professor told me that they really loved it. Then gave me my award and told me that over 600 students submitted their writings and I should feel proud that I was one of the winners! Then to make it even more special I did it without a thesis statement. Yes, without a thesis statement. I wanted to challenge traditional guidelines and I was successful at it as you can see. I started off saying normally you would follow traditional guidelines but, what's normal about being black or brown in America. What's normal about being placed in a cell the size of a bathroom at 17 years old and still there 20 plus years later? However, I got our point across which I had been sharing it and people been giving me good feed back which, gave me the idea to publish it myself. So just to let you all know I am a few months away from going to work release and, not to mention Ken and auntie Leah. I will continue to be the voice and share why you should care about writers life in prison. Coming here to Kewanee was a great decision which they gave me the opportunity to get in college and get my bachelors degree. I have to thank my professors Melissa and Michele, who are the greatest they are real big advocates for us and allowed me to be me. Now I have even more options and bigger dreams, not to mention I am a part of the Lewis family now. Since I been here I have been productive and making the most of my Kewanee experience, I have taken the CDL class, now the CDL business class, the CAT simulator, Global Leadership Academy, and Defy business course, needless to say expect great things in 2025 from me and so on. I thank you all and I am a reflection of you, my story is your story. Keep writing, stay inspired and stay positive

Asalama Lakum
H. Wazir Broomfield



Building a Positive Community: Lessons from Geese Flying in Formation

There's something remarkable about the way geese migrate across vast distances, often flying thousands of miles to reach warmer climates. As they soar through the sky, they do so in a V-shaped formation. This instinctive behavior isn't just about navigating the air; it's about building a sense of community and working together toward a common goal. This natural phenomenon holds valuable lessons for us in building a positive community—one where cooperation, mutual support, and shared purpose create a collective strength that can achieve great things.

The Power of the V: Unity in Diversity

The V formation of flying geese is a powerful metaphor for how we can come together as individuals to form a greater whole. Each goose in the V benefits from the lift and energy created by the bird in front of it. By flying in this formation, the geese reduce air resistance and conserve energy, allowing them to travel further with less fatigue. This simple yet profound strategy can be applied to human communities as well.

When individuals work together toward a shared goal, they can achieve much more than they could on their own. In the context of a community, whether it's a group of friends, a neighborhood, a workplace, or a larger society, we all have unique strengths and talents. Just as each goose takes a turn at the front of the formation, leading for a while before falling back to rest, we too can share leadership and responsibilities, recognizing that we all have something valuable to contribute.

In a positive community, we embrace our differences rather than letting them divide us. Each person in the group brings a unique perspective, skill set, or experience that enriches the collective. Just as the geese in the V formation are different individuals, but united in their goal, a community thrives when each member is respected, valued, and included.

Supporting Each Other: The Power of Mutual Aid

One of the most striking aspects of geese flying together is their instinct to help one another. If a goose falls out of formation—whether due to exhaustion, illness, or injury—another goose will break away from the formation and accompany it to ensure it doesn't fall behind. This selfless act of support ensures that the weaker member has a better chance of surviving the journey.

In human communities, this idea of mutual aid is just as critical. Building a positive community means that we care for one another, not just when it's convenient, but especially when someone is in need. It means being



(1913-2005)

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there for a neighbor going through a tough time, lending an ear to a friend, or offering help when someone is struggling. When we take care of each other, we strengthen the bonds of trust and unity within our community.

Think of the times when you've felt supported, whether by a friend who helped you through a difficult situation or a colleague who offered a hand when you were overwhelmed. These moments of compassion and kindness build the foundation for a positive, thriving community. Just as the geese take turns leading and supporting, we can all step up when needed, and offer help without expectation of anything in return.

Resilience Through Shared Effort

The journey of geese is long, and the conditions they face can be harsh. They battle against strong winds, rain, and cold temperatures. Yet, they are able to continue flying toward their destination because they do so together. When one goose becomes weary, it can rest, knowing that others in the formation will support it and allow it to recover. It is this shared effort, the collective determination, that propels them forward, even when the going gets tough.

Communities, too, face challenges. Economic difficulties, personal struggles, social tensions, and unforeseen events can test the resilience of any group. However, when a community is built on trust and cooperation, it has the strength to overcome these challenges. By pooling resources, sharing knowledge, and offering emotional support, communities are better equipped to weather adversity.

Resilience isn't about facing challenges alone; it's about facing them together. In times of difficulty, a supportive community acts as a safety net, ensuring that no one has to bear the burden by themselves. And just as geese keep an eye out for one another during migration, we can all look out for those around us, helping to lighten the load when it's needed most.

Leading by Example: Empowering Others

A unique aspect of the V formation is that leadership is not fixed; each goose takes a turn at the front. The lead bird bears the brunt of the wind resistance, but after a while, it falls back and another bird takes the lead. This system of shared leadership ensures that no one bird has to carry the burden alone and allows everyone to take turns leading the group.

This principle of shared leadership can be applied to any community. A positive community is one where leadership is not solely the responsibility of one person or a small group, but rather a shared endeavor. Each individual has the potential to lead in different areas, whether through inspiring others, offering guidance, or helping with practical tasks.



BLACK HISTORY MONTH

W.E.B. Dubois (1868-1963) NAACP Founder
Oprah Winfrey (1954-) Multi Award Winning Talk Show Host
Barack Obama (1961-) First African American President & Nobel Peace Prize Winner
Thurgood Marshall (1917-1993) Supreme Court Justice
Malcolm X (1925-1965) Public Speaker & Human Rights Activist
Nelson Mandela (1918-2013) South African President & Nobel Peace Prize Winner
Frederick Douglass (1817-1895) Human Rights Leader & Abolitionist
Harriet Tubman (1820-1913) Underground Railroad Leader
Robert L. Johnson (1925-1970) Founder of Black Entertainment Television (BET)
George Washington Carver (1864-1943) Scientist, Botanist, Educator & Inventor
Denzel Washington (1954-) Academy Award Winner
Halle Berry (1966-) Academy Award for Best Actress
Rosa Parks (1913-2005) Civil Rights Activist & NAACP Member
Dr. Martin Luther King Jr. (1929-1968) Civil Rights Leader
William Lloyd Garrison (1805-1879) Abolitionist & Social Reformer
Joseph Sturge (1763-1855) Abolitionist & Social Reformer
Nat Turner (1800-1831) Slave Revolt Leader
Carter G. Woodson (1875-1944) Father of Black History
Booker T. Washington (1869-1915) Educator, Author, and Historian
Sojourner Truth (c. 1775-1875) Abolitionist and Women's Rights Activist
Mary McLeod Bethune (1875-1955) Educator, Social Worker, and African American Leader
Booker T. Washington (1869-1915) Educator, Author, and Historian
Booker T. Washington (1869-1915) Educator, Author, and Historian

In this way, leadership becomes about empowering others. Just as geese take turns leading, we can encourage others in our communities to step forward, take on responsibility, and contribute their skills and ideas. When leadership is shared, it fosters an environment where everyone has a voice, and the collective strength of the group grows.

Celebrating the Journey

Finally, just as geese reach their destination by working together, so too can a community celebrate its achievements. The journey is often just as important as the destination, and in the process of working toward a common goal, there are countless moments to appreciate: the small victories, the milestones, the shared moments of joy and laughter.

A positive community celebrates its successes, big and small. It acknowledges the hard work and contributions of its members, and it takes time to reflect on the journey. Whether it's a local event, a team achievement, or simply a moment of gratitude for one another, celebrating together strengthens the bonds between individuals and reinforces the sense of unity.

Conclusion: Flocking Together for Greater Purpose

Geese flying in a V formation offer us a powerful metaphor for building a positive community. By working together, supporting each other, embracing shared leadership, and celebrating both the journey and the destination, we can create a space where everyone can thrive. Just as geese navigate the vast skies with strength and resilience, so too can we build a community that faces challenges with unity and determination.

In the end, the strength of a community is not defined by any one individual, but by the collective spirit that binds everyone together. Like the geese, we are stronger when we fly together—when we support one another, share our burdens, and empower each other to reach new heights.





THE MARKET CORNER



Hello everyone! It's me, Robert "Bulldog" Kennedy here, back with you, writing another "Market Corner" for old times sake! Recently, a lot of guys I talk to seem to be interested in this particular subject so I decided to come out of retirement and share some information with you all about selling "covered calls". In my past issues, I've discussed with you the basics on buying call options and the rules that apply to them. What I didn't discuss with you was instead of buying a call option, what if you sold one? Here's what you need to do; First of all, you need to purchase 100 shares of a particular stock of your choice. Let's try the mini Tesla 2X bull with the ticker symbol (TSL), which at the time of this writing is approximately \$30 per share. We all know by doing the math, \$30 per share X 100 shares = \$3000. This may seem like a lot, but if you are really serious about trading in today's stock market, which I know you are, it really isn't. Now that you have the 100 shares of (TSL), you then sell an option on these shares back to the open options market. How do we do that, you ask? First, you need to decide 2 important things, your "strike price" which is the price you wish to sell your shares at and the expiration date, how long you want the contract to exist. In this example, with (TSL) trading at \$30 per share, we chose to sell our 100 shares at \$34 per share, which is now the "strike price". Next, we need to decide on the "expiration date" to determine the length of time the contract will run. We chose a 30 day contract for the "expiration date". Now that we have chosen a strike price of \$34 and expiration date of 30 days, the option's market makers on your platform (E-Trade, Schwab, Robinhood

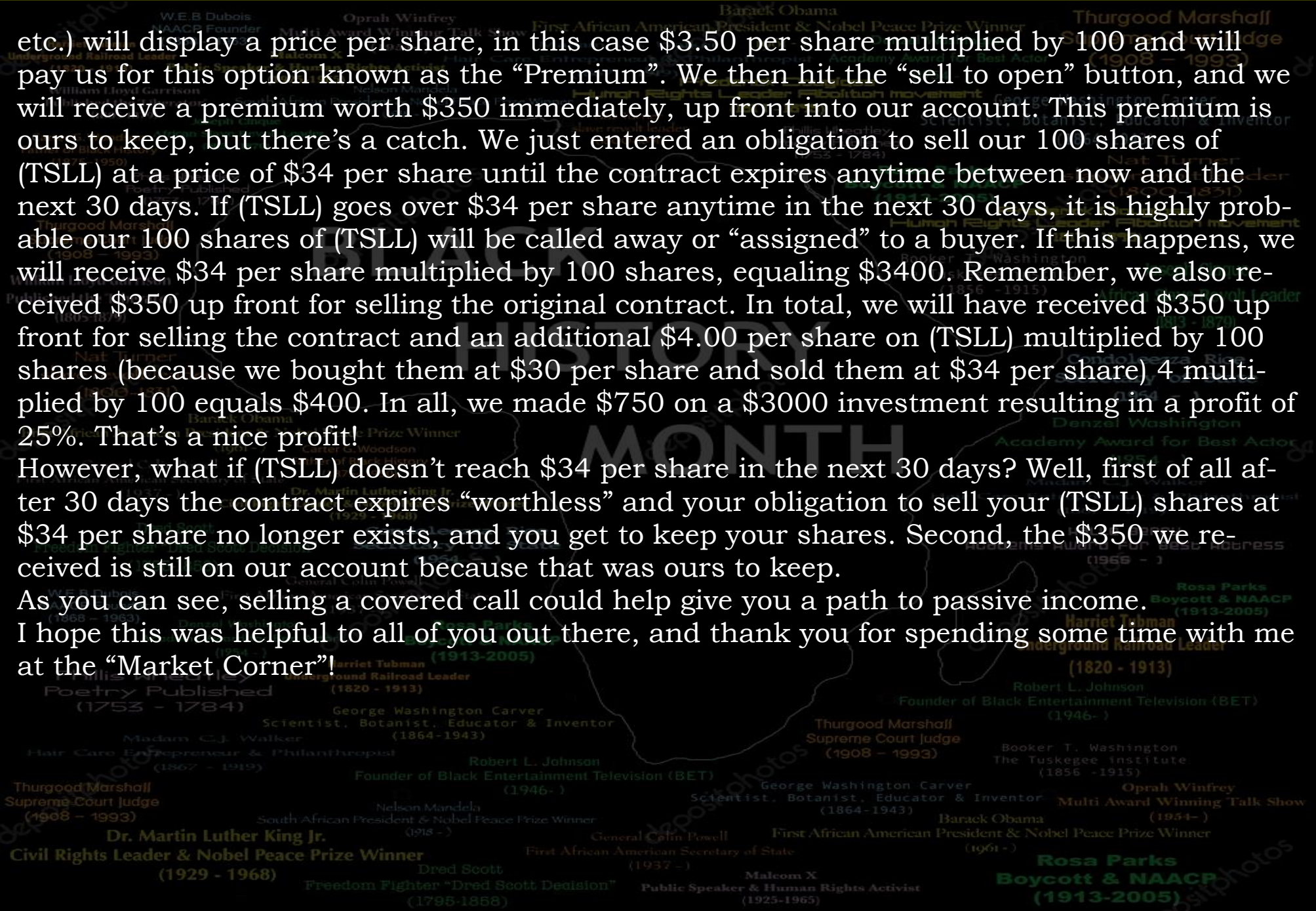


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etc.) will display a price per share, in this case \$3.50 per share multiplied by 100 and will pay us for this option known as the "Premium". We then hit the "sell to open" button, and we will receive a premium worth \$350 immediately, up front into our account. This premium is ours to keep, but there's a catch. We just entered an obligation to sell our 100 shares of (TSL) at a price of \$34 per share until the contract expires anytime between now and the next 30 days. If (TSL) goes over \$34 per share anytime in the next 30 days, it is highly probable our 100 shares of (TSL) will be called away or "assigned" to a buyer. If this happens, we will receive \$34 per share multiplied by 100 shares, equaling \$3400. Remember, we also received \$350 up front for selling the original contract. In total, we will have received \$350 up front for selling the contract and an additional \$4.00 per share on (TSL) multiplied by 100 shares (because we bought them at \$30 per share and sold them at \$34 per share) 4 multiplied by 100 equals \$400. In all, we made \$750 on a \$3000 investment resulting in a profit of 25%. That's a nice profit!

However, what if (TSL) doesn't reach \$34 per share in the next 30 days? Well, first of all after 30 days the contract expires "worthless" and your obligation to sell your (TSL) shares at \$34 per share no longer exists, and you get to keep your shares. Second, the \$350 we received is still on our account because that was ours to keep.

As you can see, selling a covered call could help give you a path to passive income. I hope this was helpful to all of you out there, and thank you for spending some time with me at the "Market Corner"!



GARDEN ADVENTURES by Yesenia Diaz



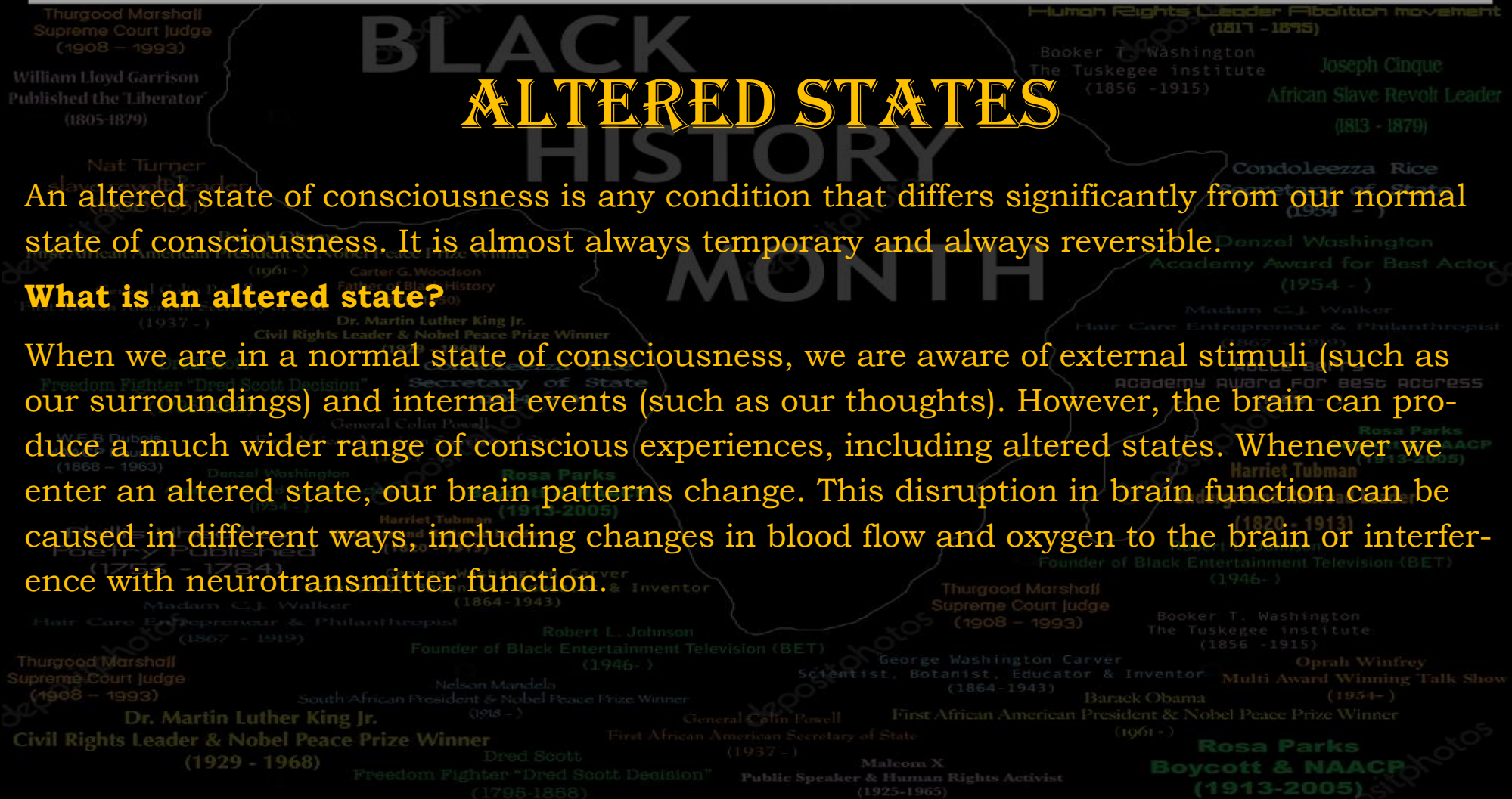
BRAIN FACTS

BLACK HISTORY MONTH 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

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 reading a

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 aggression.

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 identified using different criteria.

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, ag-

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 low-

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

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 sleep.

HOROSCOPES



William Lloyd Garrison
Published the 'Liberator'
(1805-1879)

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!



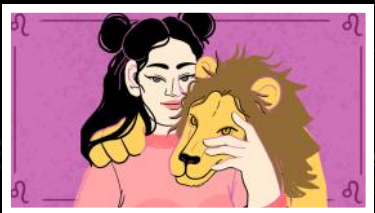
Taurus: Tomorrow promises to be easier, Taurus. Remind yourself of this when you face difficult choices on the job. Decisions are difficult—but you've run out of options.

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.

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Phillis Wheatley
Poetry Published
(1753 - 1784)

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.



Thurgood Marshall
Supreme Court Judge
(1899 - 1993)

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.



General Colin Powell
(1937 -)

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!



Dr. Martin Luther King Jr.
Civil Rights Leader & Nobel Peace Prize Winner
(1929 - 1968)

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.

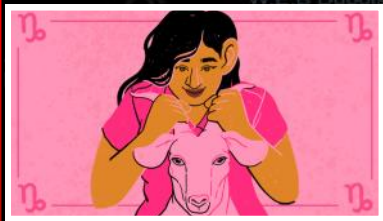
Translation: Learn to apologize the correct way! Use "I" statements and take responsibility for that goofy stuff you said.

Dred Scott
Freedom Fighter "Dred Scott Decision"
(1795-1858)

Malcom X
Public Speaker & Human Rights Activist
(1925-1965)

Rosa Parks
Boycott & NAACP
(1913-2005)

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Phillis Wheatley
Poetry Published
(1753 - 1784)

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.



Nat Turner
slave revolt leader
(1800-1831)

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!

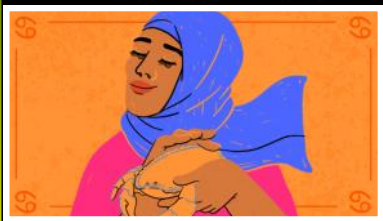
Translation: Keep the small stuff the small stuff and stay with the mind set that "The Mission is The Mission!" sometimes we gotta plow forward and push through when we feel ready to give it up.



NAACP Founder
(1868 - 1963)

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.



Peace Prize Winner
(1929 - 1968)

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.

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!**

