



*The future belongs to those who prepare for it today*

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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.**

# 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.

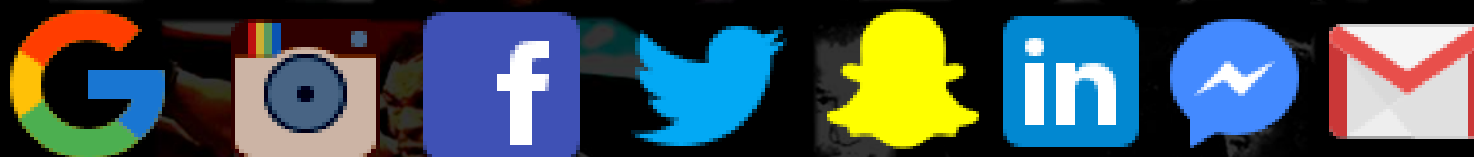
**Kewanee Horizons** will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities 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.

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

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

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**#KEWANEEHORIZONS**



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

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THEN SELECT "KEWANEE HORIZONS NEWSLETTER"

# What does black history mean to me?

By: Deandre Fields @ Shawnee C.C.

Well lets discuss this! Going back to as far as I could remember “Black History” although very significant in any period of time, when I was an adolescent it wasn't a fixture in my mind. Every February growing up it was a mainstay focal point of course, cause that was the time it was really celebrated and acknowledged! I at that time didn't understand that the significance was that Black History should be celebrated, acknowledged, and thought about everyday. “Everyday? You say Deandre?” Yes! I say everyday cause honestly how could you not? Its in everything we do and see. I'll explain, when you think about it when is Black History not prevalent in todays society? When did Black History begin, furthermore when did Black History end? Need a second to think? Don't worry I'll wait... As I've grown and matured in the last 14 years of my life (12 of which have been incarcerated) I've come to see things more clear. I was 18 years of age when I was arrested and 18 months later I was sentenced to 22 years in prison by way of accountability.

When I walked through the gates of prison, I did so not even realizing that I was walking my way into Black History! Its here where I really dove deep into understanding the history of my people from every walk of life regardless of what side of the law they may have walked or lived. Black History has taught me the true the meaning of courage, like how Rosa Parks one day after a long day of work refused to give up her seat at the front of the bus! Not even knowing that her example would later be used to demonstrate what it means when we say “If you

stand for nothing, you will fall for anything!” or maybe it was Harriet Tubman who taught us the true meaning of selflessness and being brave, when she refused to be satisfied with her own freedom after she successfully escaped slavery to the north, and instead chose to make continuing trips down south to free her brothers and sisters of the struggle repeatedly. Until she would eventually one day lead the those then slave brothers turned soldiers in arms into battle fighting for our very freedom and was rendered victorious! It would be a sin if I didn't learn DEDICATION and the UNWILLINGNESS TO BREAK from Dr. Martin Luther King Jr.! He in his unbendable stance for fighting with peace showed me what true conviction looks like! Going to jail was never a choice, but another step to victory for him and his civil rights troops! That's exactly what his quote represents “You must never have fear about what your doing when its right.”

Of course from Black History I got an up close visual of what Malcolm X taught us about self rehabilitation, redemption, and true devotion to a cause bigger than himself. Regardless of his life prior the 10 years he spent in prison and more so because of it, as well as the chaos and confusion he was caught up in that claimed his life. His contribution to the world and the minds of black men and women and our families as a whole can never be ignored. His by “Any means necessary” ideology is way more than what is perceived in the context. Step outside of what's in front of your eyes, and enter a broadened horizon of thought to fully understand its core meaning! “Knowledge is power”! Which brings me to the next brother that I learned from during my studies of Black History chairman Fred. That brother Fred Hampton had his own' unique way of showing and teaching us that with an educated mind, it at times doesn't matter how you display your wisdom, as long as its comprehensible to a point where the masses

understand that you are to be taken seriously and not to be played with, then that's what matters! A slang version of the truth is still the truth, facts is facts, but you cant deny what's your in face when its right!

Black women, oh my beautiful queens full of melanin, throughout Black History you've taught us the true meaning of resilience! From Beyoncé to Oprah Winfrey and from Michelle Obama to Kamala Harris from teachers to our single mothers making it happen. No matter how much our society tells you that there is no place for a woman out front you refuse to give in and accept it. "You go high ,when they go low" and regardless of what's done to you or how many loses you take you still stand tall with your back straightened and your head held high and recite "I am a woman phenomenally, a phenomenal woman, that's me!" and "Were not going back!"

My brothers, ya'll acting bad! From Tupac to Biggie from Michael Jackson to Michael Jordan from Ice Cube to Jay-z from Lil Wayne to Lil baby from Muhammad Ali to Tiger woods from LeBron to Curry and Jesse Jackson sr. to Barack Obama. Who said we couldn't? Cause were too busy saying "Yes we can!" You set the place and laid the foundation for what has been what is and most importantly what will be! Walking in your greatness unapologetically is contagious so keep stepping!

Regardless of who I did mention you know the one thing they've all taught us in Black History? They've taught us the power of unity and what it means to come together for a cause bigger than ourselves. We've learned how we can stand together and at times lean on one another for support (Mike and Pippen in the flu game) see you must understand Black History is



more than one period of time. No matter the period of time what's constant is our strength, will, and perseverance like that like that which Nelson Mandela exercised during his 27 years in prison awaiting freedom! Speaking of prison and these strenuous sentences that are given to break us into submission, shout out to all the brothers and sisters doing bids, keep going! Cause you too are just as important to Black History/our history as anyone else.

The promo for this piece was what does Black History mean to you? well let me be clear. Black History to me is extraordinary Black History is: ICONIC, TRAILBLAZING, UPLIFTING, UGLY, RAW sometimes MEAN but also its BEAUTIFUL, PATIENT, AND DESTINY. My destiny that is because I am by DNA in the present and will forever be apart of Black History! Nelson Mandela in his inaugural speech said; "Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure! It is our light, not our darkness that frightens us. We ask ourselves who am I to be brilliant gorgeous, talented, and fabulous? Actually who are you not to be? You are a child of God! Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people wont feel insecure around you. We were born to make manifest the glory of God that is within us! And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear our presence automatically liberates others!"

I am brilliant, talented, gifted, and most importantly I am educated! Who am I not to be great? My playing small is not serving the world. What do I have in common with the heroes of Black History? Besides the color of my skin I possess the courage of Rosa Parks, selflessness of Harriet Tubman, dedicated like Dr. King, devotion and self rehabilitated as brother

Malcolm, educated thoroughly like my “Chi” brother chairman Fred, resilient as the black women in my life and history. Walking in my greatness unapologetically as the black men who came before me. Refusing to accept NO and countering with YES I CAN! I practice unity amongst my family, my people, and my community through my moment! Like Nelson I possess the strength, will, and perseverance needed to overcome any obstacles including my current one.

Asking me what does Black History mean to me is equivalent to what do I mean to me! Black History is **ME!** Cause all of those who've come before me, and well after me, I am them and they are me and together we are one! I stand with them in their visions, dreams, and hopes for tomorrow! Black History is acknowledging yesterday while surviving today, and taking positive steps in creating tomorrow! Black History is longevity, it's the seed of our existence that continues to sprout beautiful trees all over this world throughout history of civilizations creation! The world doesn't spin without Black History, take it out of earth's story and tell me what that looks like? It time we stop fronting and kidding ourselves, Black History is the pinnacle of earth's existence! We appreciate the month they were polite enough to give us in acknowledgment, however it is now upon us all... **US ALL** to step up and do more! Teach our history throughout the year in the household regardless of your race because past, present, and future our history is here to stay and gets **BIGGER AND BETTER EVERYDAY!**

# WHAT DOES BLACK HISTORY MEAN TO ME?

By: Kareem J. Cobbins Sr. @ Graham C.C.

## **What does black history mean to me?**

Black history means a lot to me. I cherish the moments of growing up and learning about black history during my elementary, high school, and college duration. Most noticeably witnessing the tireless struggles on television and in person that blacks and whites (whom assisted) fought to overcome making our nation and world a better, safe, and just environment to reside in.

I love diversity and unity as it pertains to restorative justice practices and righteous reforms. Exercising ones freedom at a fair chance at judicious opportunities for all! That is, to me, a struggle worth fighting for and a blessing to see take root.

“Struggle is an ongoing process, freedom is never really won, we earn it and we win it in every generation” - Mrs. Bernice King (The daughter of Martin Luther king Jr.)

## **Who is someone that I admire?**

I admire “underdogs”, they inspire me, they motivate me. Especially the youth! And the less fortunate around the world, trying to make a better living for themselves, their children their family, and communities.

# A Storm In Africa

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

A storm descended over the heart of Africa; it would not stop for quite sometime. Why, its power was a mighty vortex of hostility. Beforehand, Africa and it's people, flowed and blossomed harmoniously in unity. Yet, as time is time, after sometime, things began to slowly change. And so, over time, the storm divided Africa's people into various tribes such as: The Ashanti, Zulu, and Tuti. Unbeknownst, the tribes couldn't visually see the storm. Very snake-like, it moved and swayed in silence, ever so cunning as it swept into strike. Therefore, in a deadly path of destruction, it raged on, dancing in the wind setting a wild fire. The invisible blaze struck then, pushed and pulled these tribes farther and farther apart in language, culture, and values. All as if in a dark haze, they had lost the Ancient ways of life. The storm proceeded on wrecking and raping the Spirit of those who inhabited the Motherland. In this nature, battles and wars quickly emerged. Those who were once a people digressed, no longer caring if rival tribes lived, died, or simply disappeared. Some concerned tribal leaders gathered to discuss their differences to patch things up, but they would never get to the root of the problem. So the storm hailed, rained, and raged. Swell rose like menacing voices echoing, calling and causing a hurricane. The roar of its winds were so powerful where it began to pull and twist the lands. Cyclones whirled as lightening and thunder cracked, calling unknown forces to drift in over the waters. A people who were no stranger to violent outbreaks, nor any unearthly disturbance. In its essence, they were able to move amongst the discordant tribes with comfort and ease. Although the storm's hurricane breathed a dragon breath of destruction and Hell, somehow the plants, fruits, and trees continued to flourish in beauty under Heaven's golden sun. finding no reason to caution, the percussion within the African drums played on. None the wiser of the darkness that came, the storm began to bed down deep into



the Earth. And bind up elements such as precious gems, yellow and black gold. There were so many forms of metals, some which ultimately turned to chains. Behind dust and nightfall, it advanced instantly becoming more meticulous, then focused its winds and forces into the west. Just as they were once a people, then divided into tribes, now the storm started to break different tribes into pieces. And so, there laid a man by himself, alone as a man. The same must be said for the soul of a woman. Do not be mistaken, there were far too many, but as individuals they laid adrift the cold waters. If there was ever a moment to see the truth that had been before their very eyes all along. Set apart from being helpless, their eyes were open. They could see the devilish storm committed to divide and conquer with enslavement soon to follow. Over the waters, into foreign lands, it continued to rage. Just like a book it was nothing more than a turn of the page. For many moons, rains, and eons this went on, days into endless days. Throughout generations the storm became so prominent, at times it appeared to seep inside the man and woman. So affected that lone after being free from chains, the bondage still remained. Nevertheless there would seem to be a moment to find a break in the storm to be free from its devastating hold to bring forth a revolution, a change. Much was to overcome, but the men and women must search themselves, get back to their roots and realize it all started with its people. Yet, unable to acknowledge this truth, the clouds will continue to roll in, just as they had long, long ago. And behold, a storm descended over the heart of Africa, it would not stop for quite sometime. Why, its power was a mighty vortex of hostility.

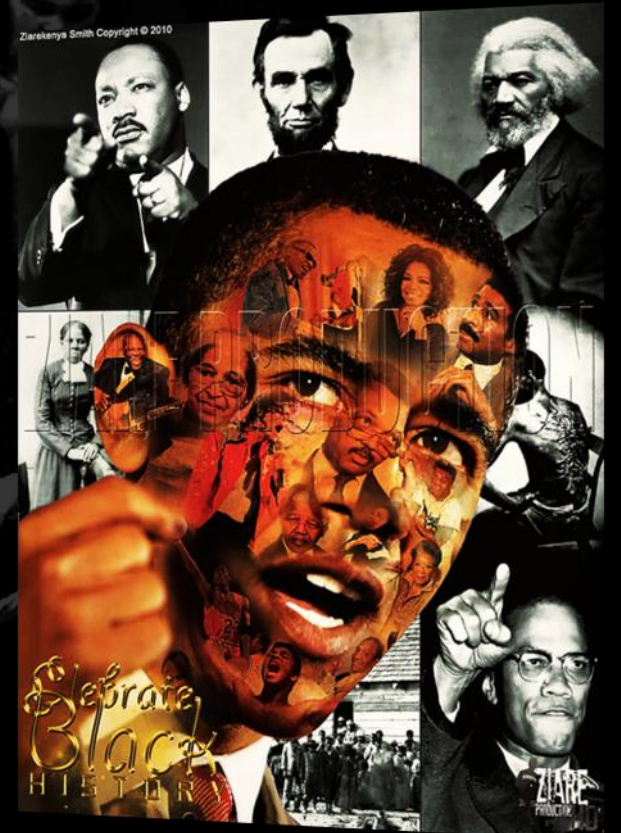
# Black History

By: Floyd Rush @ East Moline C.C.

To me, Black History means a lot of things, like respect, responsibilities, honor, hard work, patience, fight, never give-up, hope, promise, dedication, loyalty, will, staying true to beliefs, justice, having the ability to imagine, and etc. There's a lot of people to thank for history and that includes white people. If you really think about it, the hard work, the being patient whether by force or choice, the ability to keep fighting without them meaning "white people" the promise and dedication to remain loyal to continue to fight for promise of justice and equality wouldn't have happened if it weren't for selfishness and racism. So how can we even talk history and being black in America without mentioning the reason Dr. Kings, Marcus Garvey's, the Fred Hampton's, the John Lewis's, Malcolm X's, the Ali's, and many more that's been written into history; some with their good deeds redacted because of the results behind their causes. Not to mention the strong women that stood, and walked side by side, each and every-one of them. Which instantly takes me back to my childhood, as I visualize my mom as a single black female, working odd jobs and relying on public aid, trying to keep a roof over our heads, and clothes on our backs. With just enough food in the stomach for me and my siblings. Doing what she could as a woman to show us what's expected from a man. Being black, knowing that one day the world would come calling. And as much, and as loud as mother



spoke; she couldn't out volume the words and value the streets offered. So, as I up-sprung into the streets looking for the village to help raise me, I found out very fast that the village molds you into it's likeness. So now instead of the Dr. Kings and John Lewis dreams, I found myself looking up to imps and the biggest drug dealers of the hood, which took me into smoking and the drinking of any and everything available to intake. I was now living for the right now, scared that tomorrow's not promised. So I had to make a conscious decision that this kind of life was meant for me. So I immediately erased my Fred Hampton state of mind, of trying to help my people. To gang-banging and hurting some of the same people I had to see on the daily. Which I quickly became, just fine with. After seeing uncles and older friends profit from the life; I mean, what was a little jail time? I seen them come and go. Go and come back again. Repeating this cycle of lie. I found my attraction to the history they were making, behind smoking and selling dope. Watching them impregnate several different women at the same time. Which in the hood gave you credibility. I was eager to make this my own history, is how I became a number with a letter FOREVER attached to my name. I know a lot of black men can relate. So this is our history A.K.A Black His Story.



# What does Black History mean to me?

By: Antoine R. Jenkins @Graham C.C.

As a 43 year old black man living in America, black means power. History by definition is a branch of knowledge that records and explains past events. So, in essence, black history means power of knowledge or the knowledge of power.

Kendrick Lamar had it right, there is royalty in my DNA! However, I would not have discovered that truth without the branch of knowledge that records and explains events. The history! There's a saying that says, "with great power, comes greater responsibility." every black person has a responsibility to pass on the knowledge of who we are as a people to the next generation, and the power in which they carry.

Its in the knowledge of who we are as a people that we gain this power. Its through history that we see the contributions, sacrifices and faith of those kings and queens who paved the way for us today. The power that comes from being black is only obtained through a knowing. A knowing of your history. You'll NEVER know who you are, unless you know the history of where you've been. Knowledge is power! When I hear the words Black History, I understand it to be powerful knowledge.

Do you know that Doug Williams was the first black quarterback drafted by the NFL? Or that he was the first quarterback to win a super bowl? Do you know that Bessie Coleman was the first woman in America, black or white to acquire a pilots license. With the poem your about o read. I pray that it informs and empowers you to know that Black History is powerful knowledge, as well as the knowledge of power.



# Do You Know

By: Antoine R. Jenkins Sr. @ Graham C.C.

Do you know who you are? Do you know what you've inherited? Do you know who paved the way for you to reach the stars? I ask these questions to those who don't know that they've inherited freedom. A seed sown in blood, so they can grow. Do you know who Denise Mcnair, Carol Robertson, Addie Collins, and Cynthia Wesley were? Think about it and I'll tell you later.

Do you know that we are a race of people who died to be educated? Do you know what Black History month was originally called? Do you know that the first blacks landed in English America, in Jamestown one year before the arrival of the Mayflower? I ask these questions because knowledge is power. The more you know, the more that seed grows.

The Montgomery sacrifice of those like Medgar Evers, Dr. Martin Luther king Jr, Rosa Parks, and so many who died in Alabama in 1963 paved the way to education for you and me. Do you know who the Tugaloo nine were? We inherited freedom and that knowledge might weigh heavy on our soul. Remember, we are the race of people who died to be educated. Please don't think that the ability to be educated.

We have went from being called Negro and N!@@#r, to calling ourselves N!@@aS and goons. Do you know that the power of our words can build us up to victory or tear us down to our doom? Do you know that before there ever was a million man march, 250,00 men and women marched on Washington for equality? Do you know who was the youngest recipient of the Nobel Peace prize? Do you know that Henry O. Flipper was the first black man to graduate

from west point. Do you know that Sgt. Emanuel Stance was one of the first men to win the black congressional medal of honor in the west? The answer to those questions and many more are in the knowledge you pursue.

Before I ask another question or make another statement, allow me to tell you who Denise McNair, Carole Robertson, Addie Collins, and Cynthia Wesley were. These little girls were in the 16th street Baptist church, in Birmingham when the third bombing in 11 days took place. All because of a federal court order mandating the integration of Alabama's school systems.

So the next time you think that the world owes you something. Just remember that an 11 year old three 14 years old little girls died, so you can be educated. NOW YOU KNOW! Knowledge is and always will be **POWER**. Use that power to help others grow and never stop asking them; "Do You Know?"

Poem inspired by Marie Wilson and Dr. Margaret T. Burroughs.



# The Middle Passage to America

Timothy Youngblood @ Lawrence C.C.

If you are an African American Individual in Custody, or one of the 29 million African Americans in the “Free-Society” and you want to know your history, I am going to tell you. Africa's history stretches far into the past, even beyond any other country's history. Modern Scientist agree that the ancestor of the first human being was born in Africa, roughly 200,000 years ago. Until around 2,000 years ago, there was little contact between the West Africans and the rest of the world. A great natural barrier, the Sahara Desert, separated the people of the inter or from the Mediterranean Seacoast. It was in West Africa, however, that the ancestors of the majority of African Americans were born. The first slaves from Africa arrived in Portugal in 1442. over the next 450 years, it is estimated that more than 11 million Africans (some think as many as 40 million) were taken from their homeland—the largest forcible movement of people in history. The majority were shipped to the New World, where Spain and Portugal began to establish colonies in the 1500's. By 1540, more than 10,000 Africans were being taken to the West Indies each year. The enormous demand for slave laborers in the New World caused the slave trade from Africa to expand far beyond what it had been earlier. Europeans encouraged it by offering wine, guns, and other manufactured products from Europe. To obtain these goods, Africans of the coastal regions raided their neighbors for the sole purpose of obtaining slaves to sell. Chained together, the slaves were marched to the seacoast, where they were imprisoned in barracoon has been preserved as a museum un the modern nation of Senegal. Leg chains fastened to the stone walls of underground rooms bear testimony to the terror slaves felt. A door that opened onto a rocky cliff over the sea was the exit for slaves who were too unruly, weak, or ill to be sold. After being sold to a European slave trader, the Africans were branded and transported to a



ship anchored offshore. An English ship captain taking slaves to the Barbados Island remarked, “the negroes have often leaped into the sea till they were drowned. They have a more dreadful apprehension of Barbados than we can have of hell”.

The reality was indeed a kind of hell. Once aboard ship, the enslaved Africans were subjected to the unbelievable cruelty of the “middle passage” to America.

The more slave that could be crammed aboard, the greater the profits of the voyage would be. Stripped of their clothing, the slaves were chained side by side and forced to lie on the hard wood of the hold. A British slave ship named Brooker, 25 feet wide and 100 feet long, carried 608 slaves on one voyage. This was regarded as “tight packing”; some captains preferred “loose packing”, for that way not so many slaves died on the voyage.

Countless numbers of them did die. Ventilation was poor, and the heat below deck was so great that one crewman saw “steam coming through the gratings, like a furnace.” Bodily wastes were left on the floor. In such conditions, disease was widespread. Some ships carried doctors to keep the valuable cargo alive, but one doctor said that after being below for 15 minutes, “I was so overcome with the heart, stench and foul air that I nearly fainted.” By some estimates, one out of every four slaves did not survive the voyage; sharks ate the bodies of the dead that were tossed overboard.

Twice a day the slaves were brought on deck to receive food and water. At meal times, some captains forced the slaves to dance and sing because exercise was thought to prevent disease. However, whenever the slaves were allowed out of the hold, there were likely to try to throw themselves over the side. Drowning or sharks were preferable to the horrors below deck, and the slaves believed that their spirits would return to Africa.

Finally, the ghostly voyage— lasting from three weeks to three months— ended. The survivors were led off the ship into a strange new land, destined for a lifetime of slavery. This was the historical beginning of the American experience for the majority of today’s African Americans. Now you know your history.



# PEER LED SHOWCASE

The 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 EXCELLENCY

By: Natari Gordon

Did you know that you descended from greatness? Amexem (Africa) itself is a book of history. Kemet (Egypt) is God great monumental records. It is the birthplace of literature, the cradle of science and art, Kemet is the garden and we are the garnerers of the world. Our ancestry is accredited to architecture, one of the most powerful expressions of human creativity. Yes we are the land of the many firsts, such as the skyscraper. Geography is the system of latitude and longitude used to measure the size of our planet and to chart its surface with supreme accuracy. Most people think of this as an invention of the modern world because it requires a knowledge of a higher form of mathematics such as spherical trigonometry which is incorporated into the great pyramids. Kemet is the birthplace of Enovation, philosophy of a nation is often reflected in its architecture. The values and philosophy of the people of Kemet is incorporated in its structure (ancient knowledge) knowledge of self which has been interpreted and passed on through the times.

Knowing thyself is one of the most powerful principles that derived out of Amexem (Africa). For the brothers and sisters looking at Egypt today and feel confused and misplaced because the inhabitants look like white Hispanics is because of amalgamation. Be clear the first 6 dynasties of Egypt looked like you and me, now understand that the ancient blood running threw your veins influenced many cultures and educated the rest. For example Socrates, from the earliest of times masses of colonist were poor and ignorant while only the

most fortunate noble men, lords scribes and various religious leaders were provided with education outside of Kemet our schools was known to outsiders as mystery schools or the hermetic science. Socrates (469-399) espoused the philosophical dictum of self knowledge, "man, know thyself" which was a clear Kemetic concept ending in his death because these ideals were foreign to his countrymen. Teachings of supreme being existed in Kemet thousands of years before ancient Greece colonizers plagiarizing these philosophy as their own nothing knew to the modern world or the old.

How did we as a people fall so far from grace? My brothers, we did not get here on our own, many years before your great, great grandparents parents were born a plan was put into motion to rewrite history.

Have you ever heard the term Divina? Divina is a password used by European colonist descendants who have overthrown, settled, or occupied other lands or countries. Divina is a war reference, control guide, point for colonial inquisition, operations in North America. The formal name Divina doctrine of Christianity is "Inter Caetera Divina" Its origin is from Pope Alexander VI one of many iconic social/political/religious representatives. The shortened form is the church bulla (1493). Please understand "Divina" does not mean Holy Goodness, Divina means Gaul Christian Tribesmen and Knights: a patriarch or patron in support of Nicene Constantine creed" conquest agenda whose purpose is to culminate with Christian rule.

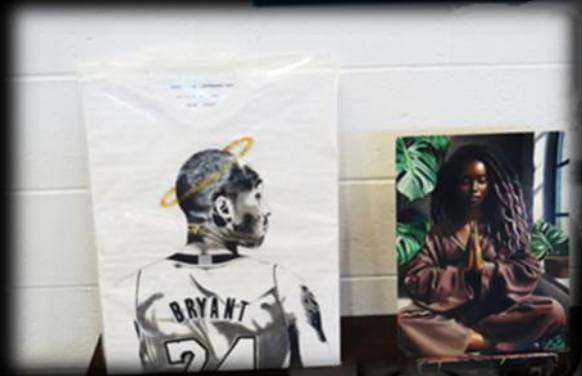
November 9, 1992 Pope John Paul II Published in Jet magazine a article where he made the announcement at the Vatican, whites must never stop asking the forgiveness of Blacks and

Native Americans for past injustices. This demand for forgiveness has to be made above all, Why? Because Divina is a war sanction issued by Pope Alexander VI justifying genocide, rape, theft, sadistic human oppression, land theft, usurpation and birthright thefts. The Constantine agenda schedule to last for centuries and its traced as far back as Hannibal Barca Bey the Punic wars, the Christian crusades, the rebellion of 1511, Willi Lynch mental warfare to Tulsa Oklahoma June 1, 1921 bombings of black wall street and many more.

My reason for this article is to give light to who we are, so forget about who occupies our homeland and where we sit on the globe. We are the descendants of Amexem, Amexem is the people not just the place, and we are what our forefathers are without a doubt or contradiction by the right of blood not soil. Lets continue to strive and be great "know thyself". If we know where we came from, we without a doubt can control where we are headed.



# BLACK HISTORY ART



# Our Culture

## Sports and the impact:

Sports have been a crucial part of African-American culture for decades. In the Black community, athletics play an important role because, like many young people of all races, some Black children view sports as a means of gaining a feeling of self and belonging.

In addition to changing the athletic landscape, the power and perseverance of African Americans in sports served as a driving force for social change, promoting inclusivity, getting rid of racial barriers, and motivating future generations to overcome obstacles—all of which have had a lasting and positive influence on society.

Even though present-day athletes have many rights and benefits when they are in the United States, discrimination has restricted the path to equality and opportunity. Many Black athletes were prevented from participating in sporting events and competitions by racial prejudice and stereotypes, even though many of them were well-known and successful in their respective fields.



## Viewpoints on Struggle, achievements, and legacies

I think if you look at professional sports or sports as a whole, sports are supposed to be a sense of fair play and equal opportunity. And when you look at the college level, and you get to the professional level, it's not equal. It's not, there is that sense of fair play. Their attitude is that you can play, you can be a great player, but you can't coach, nor can you manage or run a front office position.

Sports have played a special role in American society since they were among the earliest and most prominent arenas to accept African Americans on a relative equality basis. Sports have long been politicized in African communities. The African American presence in sports has had social and political implications ranging from the denial of opportunities for African Americans to compete to the creation of African American segregated sporting teams and leagues; from the challenging battles to compete at the highest levels of the game to the introduction of African American expressive cultural practices within the games.

### Olympic Games Timeline:

#### African American achievement in the Olympics:

The purpose of the Olympics, ever since they were first held in 1896, has been to showcase athletes' exceptional athletic skills as well as their excellent moral character and behavior. The Olympic Games gave African Americans a platform to demonstrate vital amateur ideals like character discipline and intellectual capacity in front of a global audience while they bat-

bled prejudice at home. Olympic competitions have always been political since the current games' founding in 1896. African-American athletes have discovered a variety of ways to utilize the Olympics as a platform for social change. While some athletes let their achievements speak for them, others utilized it as a platform to show grace and beauty, speak out against racial injustice, and develop relationships that went beyond the field of athletics.

### **1896 Athens, Greece**

With the exception of the US team, all 241 competitors from 14 nations that competed in the Games were European or lived in Europe.

### **1904 St. Louis, Missouri**

George Coleman, an Olympic hurdler, became the first African American to earn a medal. For African Americans ever since, winning at the Olympics has represented accomplishment that goes beyond the field of sports.

### **1936 Berlin, Germany**

In a historic performance, Jesse Owens won four gold medals in track and field during the 1936 Berlin Olympic Games. Owens was disqualified from competition following the Olympics because he refused to participate in a tour led by the US Olympic Committee.

### **1952 Helsinki, Finland**

Harrison Dillard participated in the 1952 Summer Olympics in Helsinki, where he won the 110 M hurdles and the 100 M dash in 1948, making him the only man to win gold medals in

both sprinting and throwing.

### **1956 Melbourne, Australia**

During these Olympic Games, the women's 4x100-meter relay team, which included Tennessee State University alumni Wilma Rudolph, Margaret Matthews, May faggs, and Isabel Daniels, earned a bronze medal.

### **1960 Rome, Italy**

When Wilma Rudolph won a gold medal in boxing from Cassius Clay, later known as Muhammad Ali, she became the fastest woman in the world and won three gold medals. Rayford Johnson, a future American flag bearer, took home a gold medal in the decathlon.

### **1984 Los Angeles, California**

Carl Lewis won four gold medals in the 100, 200, 4x100, and long jump during his first of four Olympic appearances, matching Jesse Owens' 1936 achievement. Eight years after taking home the gold in the 400-meter hurdles in 1976, Edwin Moses won the gold again in the event. Michael Jordan and Patrick Ewing, two members of the dream team, were on the basketball group that took home the gold.

### **1992 Barcelona, Spain**

In basketball, NBA players' mittens resulted in the creation of the American dream team, which included NBA stars like Magic Johnson and Michael Jordan. They won the gold medal and were inducted into the Basketball Hall of Fame as a group in 2010.

## 1996 Atlanta, Georgia

After Johnson, Muhammad Ali became the second African-American to light the Olympic flame. Separatists from the 1960s protested the country's racism and aggressive foreign policies while also opposing integration. For over a century, African-American communities have been debating these two defending traditions. Sprinter Michael Johnson celebrated winning the 200-meter dash at the 1996 Summer Olympics, shattering the world record. To become the first man to win both events, he also won in the 400-meter dash.

## 2012 London, England

Gymnast Gabby Douglas made history by becoming the first female African American to win the gold medal in the women's all-individual all-around competition, one of the most popular events. Gabby Douglas's victory at the Olympics symbolizes the history of African-American success at the games. She also made history by becoming the first American woman to win gold in both the team and all-around competitions at the same games.



Micheal Jordan

Mohamed Ali

Jackie Robinson

**How did****African**

## Americans change sports?



Most people consider Michael Jordan to be the best basketball player in history when they think about him. Jordan, though, was more than just a basketball player; he also had a profound impact on American society and culture. Jordan had a unique influence that was unprecedented. Through basketball or his own brand, Jordan inspired an interest in everyone to "be like Mike." Michael Jordan's ability to become a cultural icon and his brand through his on-court prowess had a significant impact on basketball, fashion, marketing, and the American economy. Jordan was heavily involved with the game of basketball before he took on the rest of society. The face of the NBA was Michael Jordan. His performances were so groundbreaking that they took the game to whole new level. Michael Jordan created his first signature shoe, the Air Jordan 1, which was produced by Nike in a form that went against the norm of white sneakers by focusing on black and red. When Jordan wore the red and black Air Jordan 1 sneakers during a 1984 preseason game, the NBA took offense. "The red and black Nike basketball shoes..." breached league policy, according to a letter the NBA delivered to Nike, resulting in a \$5,000 punishment per game. "Shoes had to be 51% white and in accordance with what the rest of the team was wearing," according to NBA policy. Hip-hop culture was also impacted by Jordan's presence on the basketball court as well. Hip-hop musicians and celebrities began sporting his sneaker brand in everyday settings, and it quickly became an integral part of streetwear culture.

Michael Jordan's lasting impact and influence on American society went beyond just the game. He uses his success to empower other black athletes across the world. By defying the norms and typical standards, he is sending a message to the world.

**Muhammad Ali** was a revolutionary peace activist and humanitarian who worked to improve people's lives, prevent suffering, and protect human dignity. He helped individuals all throughout the world achieve freedom, justice, and equality because he had the guts and the determination to improve the world. Before taking home his first heavyweight boxing world championship in 1964, Ali gave money from his contests as a young athlete to support underprivileged individuals. As a United Nations Messenger of Peace and Goodwill Ambassador later in life, Ali worked to advance peace. Throughout his life, Ali made use of his notoriety to raise awareness of global suffering, promote peace, and give voice to the voiceless, especially young people. At the center of the civil rights movement was Ali's message of Black pride and Black response to White domination. In addition to opposing enlistment in the American Army, he believed that "unless you have a very good reason to kill, war is wrong."



**Jackie Robinson's** 1947 signing with the Brooklyn Dodgers was a significant turning point in the history of sports. His debut destroyed the racial segregation that had kept professional baseball for decades. On and off the field, Robinson experienced severe discrimination and

bias. Supporters, rival players, and even some of his teammates verbally abused and threatened him. Despite these difficulties, Robinson was well-liked and respected for his talent, resilience, and composure under pressure. Over the course of his ten-year Major League Baseball career, Robinson proved to be an exceptional athlete, winning multiple awards such as the 1947 Rookie of the Year and the 1949 MVP. In addition to his physical prowess, Robinson promoted social justice and civil rights using his platform. Speaking out against racial



inequity and promoting equal rights for African Americans, he rose to fame in the civil rights movement. Robinson's influence was felt much outside of the sports industry. He cleared the path for upcoming generations of African American players to compete at the top levels of professional sports by breaking the color barrier in MLB. Many others were motivated by his bravery and tenacity to confront racial obstacles in a variety of industries, which aided in the larger fight for civil rights and social advancement in the US.

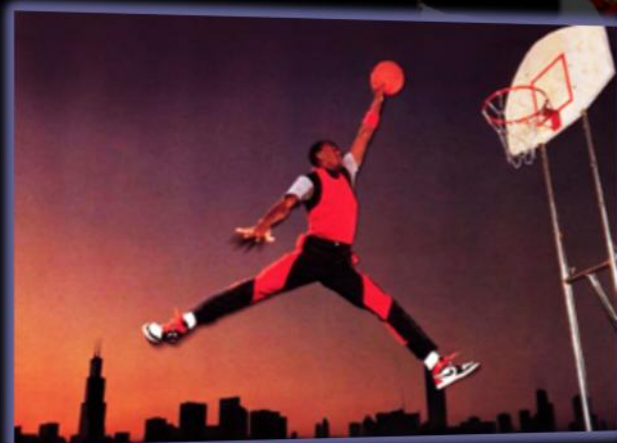
## Conclusion

The strength and tenacity of African Americans in sports not only transformed the sports world but also acted as a driving force for social change, encouraging inclusivity, breaking down racial barriers, and inspiring the next generation to overcome challenges—all of which had a long-lasting and beneficial impact on society. It is impossible not to acknowledge the significant and long-lasting contributions made by African Americans to

American sports culture. African American athletes have had a lasting impact on sports history, from breaking down barriers between races and opening the road for integration to setting records, accomplishing incredible feats, and becoming famous personalities in a variety of sports. In addition to captivating audiences throughout the globe, their incredible athleticism, tenacity, and resolve have encouraged countless people to follow their dreams regardless of their race. Black athletes have also led the way in social and political movements, using their platforms to fight for justice, equality, and change.

## The complexity of Black athleticism

Organized sports have played an integral role in Black culture for centuries. They are often regarded as one of the first facets of modern American culture to normalize racial equality. Since the mid-1900s, the numerous aspects of African American ethnology that arose from the world of sports, namely football and basketball, have come to be celebrated by the masses.



The popularity of the National Basketball League's signature sneakers like Nike's Air Jordan's has been steadily skyrocketing for over forty years. The shoes' continuously-rising number of admirers is due almost completely to the influence of traditionally Black stylistic proclivities on regulated sports, alongside regulated sports' respective influence on customary American habit. Substantially, the most influential athletes throughout the history of formal American sports have been Black. African Americans account for 41 percent of the ros-

ters in the five major American sports leagues. Significantly, they constitute the majority of athletes in both the National Football League, or the NFL, and the National Basketball Association. Recently, newly unemployed head coach Brian Flores filed a lawsuit against the NFL on grounds associated with race-based discrimination. In the aftermath of his legal advancements, the New York Times published an article informing the public that the NFL is composed of 70 percent African American players. Similarly, in 2020, at a critical point in the ongoing Black Lives Matter movement, popular online sports forum Interbasket analyzed NBA statistics to find that at the time, just over 81 percent of its players were Black.

Michael Jordan, the force behind the above-mentioned sneakers, is thought throughout the nation to be, as the NBA's website puts it, "the greatest basketball player of all time." It is widely accepted that he has had an immeasurable impact on American civilization.

Black football star Cam Newton, who belongs to the NFL's Carolina Panthers, has received an abundance of notable awards for the duration of his athletic career thus far. He is lauded in Alabama particularly, as a large portion of his years gaining fame were spent playing for Auburn University, the state's second-largest major college, behind the University of Alabama.

It appears as though the full scope of Black athleticism is realized by the representative United States citizen, regardless of their race. However, the part of African Americans in sports is a troubled one, and Americans often turn a blind eye to the many negative implications of their dominance on fields and courts across the country.

When a casual football or basketball fan looks at the disproportionate ratio of Black to white Americans in the NFL and NBA, it would be easy for her to come to the conclusion that Black Americans have some sort of natural knack for athleticism, but this assumption, upon further examination, would prove erroneous, not to mention ignorant.

On Friday, February 11, president of the newly-formed University of North Alabama's Black Lioness Alliance and strikingly involved political science major Lele Emons was questioned as to her views on the topic at hand. On the habit of the American populace to equate having traditionally Black features with having a high chance of achieving victory on the playing fields, she says, "When it comes to a lot of sports, Black athletes dominate. In America, the stereotype is that we go into either music or sports. You know, nobody wants to highlight our scientific achievements. Like, you never hear about Black doctors. They prefer us as athletes."

African Americans' supposed sports-centered superiority is a myth. Historically speaking, Black athletes have been trailblazers and change makers, tearing down racial barriers and exhibiting physical prowess in the sports industry. Today, society does not shy away from showing its appreciation for prominent Black competitors working under the purview of regimented sports. These truths do not change the reality of the matter – American sporting programs, primarily those affiliated with football and basketball, are predominantly excelled at by Black men and women because Black children are systematically taught by the American education system that collectively, their sole chance of success lies in their ability to be either exceedingly physically imposing or unfalteringly entertaining.

"It's easy for Americans to profit off of Black culture," Emons asserts, "but they don't want to treat us fairly, and that's a problem."

The verifiable failure to properly equip Black students with sufficient academic self-confidence on behalf of mainstream Usonian pedagogy was studied in 1971 by Dr. Harry Edwards, as sports writer Reagan Griffin Jr. brought to light in a recent article for the Guardian. Edwards penned a piece titled "The Sources of the Black Athlete's Superiority", in which he wrote, "whites, being the dominant group in the society [of the U.S.], have access to all means toward achieving desirable valuables defined by society. Blacks on the other hand are

channeled into one or two endeavors open to them – sports, and to a lesser degree – entertainment.”

In addition to their tendency to be viewed by young and ambitious African Americans as a meal ticket, football and basketball are relatively affordable athletic pursuits. Their financial feasibility, in comparison to other, more equipment-heavy sports, say baseball and tennis, is appealing to juveniles from low-income households. Taking note of the current state of the wealth disparity between Black and white families in North America, it should not come as a shock that Black children far outnumber their white counterparts in regional football and basketball groups, nor should it be surprising that the opposite rings true for white kids enrolled in expensive golf clubs and soccer camps. As indicated by the Federal Reserve System in 2019, the standard white family in America possesses eight times the wealth of its Black parallel.

“In poorer, predominantly Black areas,” says Emons, “a career in sports is the only option kids think they have. I blame that to cities and school systems. What you’ve got to think about is that a lot of Black athletes come from nothing. We can’t depend on systems that are made to work against us.” Americans do themselves a disservice when they neglect to address the fact that Black football and basketball players work unfathomably hard for their sportsmanly successes and reap from them devastatingly few benefits.

In 2020, the business of selling basketball sneakers saw a yield of \$70 billion; little of those profits went into the pockets of Black vendors, nor did they contribute to the earnings of their individual establishments. Famous Black athletes like Michael Jordan and Cam Newton are praised for their kinesthetic know-how, yet their singular intellectual idiosyncrasies are ignored. The average Alabamian may appreciatively familiarize herself with statistics spanning the totality of Cam Newton’s professional career, but she is unlikely to hold him in regard as someone capable of critical thinking or introspection, rather than as a mere medi-

um through which her preferred football team can win matches.

U.S. denizens have impermissible but understandably-conceived misconceptions about African American athletes and their physical attributes, remorselessly making uninformed connections between their game time wins and their genetic makeups. If their country wants the right to boast its oft-mentioned but scantily satisfied status as a multicultural utopia, its white citizens must rid themselves of their preconceived notions about race. In their self-reflection, they need to cultivate among themselves a better understanding of the racially biased structures that facilitate the opportunities they are granted.



## Nourishing Our Nation: A Brief History of African American Cuisine

Traditional West African foods such as yams, tomatoes, onions, melons, pepper, pumpkin leaves, okra, palm kernel, crayfish, and stockfish. *Bukky658, Wikimedia Commons*

From steaming plates of savory red beans and rice to cake stands overflowing with decadent sweets, foods shape our culinary world and are woven into our culture, traditions, and histories. Beyond the meals themselves, stories of the creators and innovators behind these recipes often stand out as the most memorable part of our culinary experiences.

In the United States, generations of African Americans have established and maintained Food ways rooted in the Black community. However, while these recipes may grace our din-

ner tables, their origins are often underrepresented or forgotten. Journey through this article to uncover the beginnings of African American cuisine by exploring three cherished foods within the Black community. Learn how they changed the culinary landscape in America, nourishing our nation for centuries.



## Retaining Cuisine

Our story begins in Africa, where thriving fields, vines, and pods overflow with African rice, okra, watermelon, yams, African eggplant, and cowpeas. For centuries, these crops formed the foundation of African cuisine, cultivated by farmers who adapted to harsh growing conditions, chefs who reimagined spice combinations, and families who passed down their knowledge through generations. However, this rich legacy cannot be told without acknowledging the tragic history of the enslavement of African people.

The year 1619 is often marked as the beginning of American slavery. However, almost 200 years earlier, Portugal established the European transatlantic slave trade. This buying and selling of African men, women, and children severed a natural relationship between the land and its people. In response, many enslaved Africans preserved their food culture as a form of resistance and survival, ensuring that many dishes offering comfort and connection still grace our tables today. Calas (ka-la) are a delectable example of fare that survives today and can be traced back to Africa. These rice fritters are fried until

golden brown and dusted with powdered sugar. When African people were taken from their homelands, their knowledge of rice cultivation went with them. Upon arriving in places such as Louisiana, this expertise with rice enabled enslavers to cultivate and sell the crop, profoundly influencing the diets of people in the colony and, later, the state.

What made calas' origin unique was their connection to the Code Noir. Created and implemented in French colonial Louisiana, the Code Noir outlined guidelines for the treatment of enslaved and free people of African descent. Although the Code Noir was officially abolished by 1848, its influence continued to heavily regulate the lives of enslaved people.

One article of the code—integral to our fritter story—prohibited enslavers from requiring enslaved people to work on Sundays and holidays. This “day of rest” allowed enslaved African American women to participate in street vending, leading to the emergence of cala women.

Typically depicted wearing tignons, flowing dresses, and white aprons, Cala women were seen and heard throughout the French Quarter. With coal-heated braziers and baskets balanced atop their heads, each rice fritter they sold carried the legacy of West African food culture. Today, it is sometimes hard to find Calas, but new efforts aim to ensure that their origin story, and the work of enslaved women who preserved their food ways, are not lost.

## Revolutionizing Cuisine

Enslaved African Americans continued to express agency through food outside of the Creole state. In addition to introducing West African dishes into white society, African Americans became chefs, recreating, popularizing, and ultimately embracing meals sought after by their enslavers.

One instance of this happened in the household of President Thomas Jefferson. An ardent Francophile, Jefferson deeply admired French architecture, traditions, and clothing. And French cuisine particularly captivated him while he served as the American minister to the French court. However, French chefs' culinary artistry came at a high price. To circumvent this, Jefferson hired French chefs to train people he enslaved at his plantation, Monticello, in Virginia, including James Hemings, the brother of Sally Hemings.

Born in 1765 to his enslaver, John Wayles, and his enslaved mother, Elizabeth Hemings, James Hemings remained relatively unknown until 1773, when Wayles died. Hemings, along with his mother and siblings, was then inherited by his half-sister Martha Wayles and her husband Thomas Jefferson.



During his adolescence at Monticello, Hemings and his brother Robert served as valets to Jefferson as the wartime governor of Virginia. In 1784, Hemings received his first exposure to French cuisine when he

accompanied Jefferson and his daughter Martha to Paris. In Paris, Hemings trained as a French cook with caterer and restaurateur Monsieur Combeaux, apprenticed alongside pastry chefs in the household of the Prince de Condé, and became renowned for his elaborate dinners at Hôtel de Langeac, where he served as head chef.

By 1787, Hemings had returned to the United States. He was still enslaved by Jefferson, who tasked him with serving French recipes at Monticello, New York, Philadelphia, and the White House. Though largely unrecognized during his lifetime, the dishes he introduced—including French fries, ice cream, and, most notably, macaroni pie—altered the course of American culinary history.

Although James Hemings didn't invent the mac and cheese recipe found at modern social gatherings, he revolutionized America's association with the dish and used earnings from his culinary skills to buy his freedom in 1796. After he died, Hemings' legacy continued to be served on dinner tables across the country. Today, he is acknowledged for helping popularize a recipe that is connected to and celebrated in Black culture.

**Bean pie. Henderson Library, Georgia Southern University**



On June 19, 1865, the news of emancipation finally reached

those enslaved in Galveston, Texas, when Union General Gordon Granger announced General Order No. 3, declaring all enslaved individuals free. Although many enslaved African Americans celebrated two years earlier when President Abraham Lincoln issued the Emancipation Proclamation—a decree that declared freedom for enslaved people in Confederate states—Texas, the westernmost Confederate-aligned state, continued to practice slavery. When Union troops arrived and enforced emancipation, the formerly enslaved celebrated. This observation became known as “Juneteenth.”

Juneteenth celebrations often included traditional foods, which were crucial in maintaining cultural heritage and fostering community bonds among African Americans. The meals African Americans used for survival and cultural retention remained steadfast in the community and played an important role in significant historical events, particularly during the struggle for Black self-determination.

One such dish with origins in Black empowerment is the humble bean pie. Introduced by the Nation of Islam in the 1930s, the bean pie was created as a healthier substitute for the commonly enjoyed sweet potato pie. Founded in Detroit in 1930 and undergirded by Islamic teachings, the NOI worked to uplift African Americans’ social, moral, and economic standing. During the 1950s and 1960s, the organization became a haven for some activists and leaders in the Civil Rights Movement. NOI mosques offered meals to civil rights protestors and opened grocery stores and restaurants in predominantly Black areas to promote economic well-being and food security. The integration of the NOI into Black neighborhoods led to the spread of the bean pie.

Unlike calas and macaroni pie, it's unclear who created the bean pie recipe. Instead, the bean pie's legacy is woven into the history of the NOI and civil rights, stretching far beyond Detroit to cities such as Atlanta, Chicago, and Los Angeles. In fact, Black Muslims still sell bean pies on the streets of major cities today.

From the thriving fields of Africa to the vibrant streets of New Orleans, and from the innovative kitchens of Monticello to the activism-fueled gatherings of the Civil Rights Movement, African American cuisine has profoundly influenced the culinary landscape of America. Today, as you enjoy a steaming plate of macaroni and cheese or devour a slice of bean pie, recognize the labor and brilliance woven into these recipes.

## **Black Musical History is American Musical History**

Black culture and American music are inextricably linked, stretching back to the time when enslaved people were imported from the shores of Africa, bringing with them the roots of their music and culture. Those roots changed music history—for all of us—forever, and that influence continues today.

Music and dance were an integral part of African life, and remained important to Blacks in America. Both slaves and free blacks used music as an accompaniment to work, worship, and celebration.

Today, there's virtually no music we listen to that hasn't felt the effects and benefits of that African and Black heritage. It's remarkable, and when you read the outline of genres and performers, you'll surely agree.

### **RAGTIME – 1890s**

Ragtime began in the 1890s and was popular until about 1918. Scott Joplin was a composer and largest contributor to ragtime music. Piano was the most common instrument. Ragtime is very lively music and was a popular music to dance to.

### **BLUES – 1860s**

Influenced by work songs and spirituals from slaves in the deep South, Blues began in the 1860s after the Civil War. Mississippi is considered the birthplace of the Blues. Blues music described sad situations, such as woes and troubles. Guitar, upright bass, and piano were popular instruments. Key artists include Muddy Waters, B. B. King, and Ma Rainey.

### **JAZZ – 1900s**

Jazz music has roots in blues, ragtime, and spirituals. Trumpet, saxophone, and trombone were featured instruments in jazz music along with piano, drums, and bass. Jazz-world legends include Louis Armstrong, Duke Ellington, Miles Davis, John Coltrane, Billie Holiday, Ella Fitzgerald, Esperanza Spalding, Ray Charles, any of the Marsalis Brothers, and Nina Simone.

### **R&B/SOUL – 1940s**

Defined by its soulful singing and the strong bass and rhythm track behind the music, the genre was first established in the 1940s and continues to be a popular form of music to this day. Famous performers include Janelle Monae, Boyz II Men, Toni Braxton, Usher, Mary J. Blige, Alicia Keys, TLC, Destiny's Child, and John Legend.

### **ROCK AND ROLL – 1950s**

There are so many names to know and appreciate, but in this mainstream genre, think Jimi Hendrix, Little Richard, Bo Diddley, Lenny Kravitz, Ike Turner, and Fats Domino. Emerging in the mid 20<sup>th</sup> century, Rock was inspired by blues, boogie woogie, gospel, and rhythm music. The most popular instrument in rock and roll music is the guitar. Sister Rosetta Tharpe and Chuck Berry pioneered the creation of rock and roll music.

### **POP – 1950s**

Short for “popular” music, this genre has been front-and-center since the 1950s. Tommy Edwards helped cross the bridge from past genres over to pop music. In addition to Edwards, famous musicians include Michael Jackson, Whitney Houston, Tina Turner, Beyonce, Mariah Carey, Rihanna, Lizzo, and The Weekend.

### **FUNK/SOUL – 1960s**

Funk was inspired by soul music, jazz, and African grooves. Soul music helped originate funk music by adding strong rhythm to it, and disco was later influenced by funk. Common instruments included electric guitar, electric bass, drums, and electric piano, and sometimes

synthesizers, trumpets, trombones, and other small percussion instruments were used. Big acts included James Brown, Aretha Franklin, Stevie Wonder, Donna Summer, Kool and the Gang, Earth, Wind & Fire, and Prince.

### **MOTOWN – 1960s**

Motown was inspired by blues music, but with more rhythm added in. This style was named after Motown Records, whose goal was to feature African American musicians. Motown musicians include Diana Ross and the Supremes, The Temptations, Martha and the Vandellas, The Miracles, The Four Tops, the Jackson 5, and Marvin Gaye.

### **HIP HOP/RAP – 1970s**

Born in New York City in the 1970s, hip hop was created by African Americans who lived in the poverty-stricken neighborhoods of Manhattan, Brooklyn, and the Bronx, and became a cultural movement. Influences came from blues, R&B, and funk. Notable musicians include Dr. Dre, Jay Z, Ice T, Tupac, Notorious B.I.G, Snoop Dogg, P Diddy, Lauryn Hill, Lil Wayne, Ludacris, Kendrick Lamar, Salt-N-Pepa, and Nicki Minaj.

# CANDLE LIGHT VIGIL IN K.L.S.R.C.

By: Melvin King @ K.L.S.R.C.

Every year at Christmas time Kewanee Life Skills Re-Entry Center puts on a candle light vigil for everyone to attend. This year everyone did attend, and when I say everyone, I mean everyone. This was my 3rd Christmas in K.L.S.R.C. and this is the first time I have seen a full gym for the candle light vigil. Don't get me wrong people always show up for that night, but this time it was jammed packed from the front to the back, it was a beautiful sight to see. Not only did Individuals In Custody show up, we had the Kewanee Community Church hosting it with all the volunteers, and we even had the Chief of Programs for the State of Illinois Ms. Jennifer Parrack take part in the vigil. It was a sight to be seen and I wanted to share some of the pictures from that night with you all.



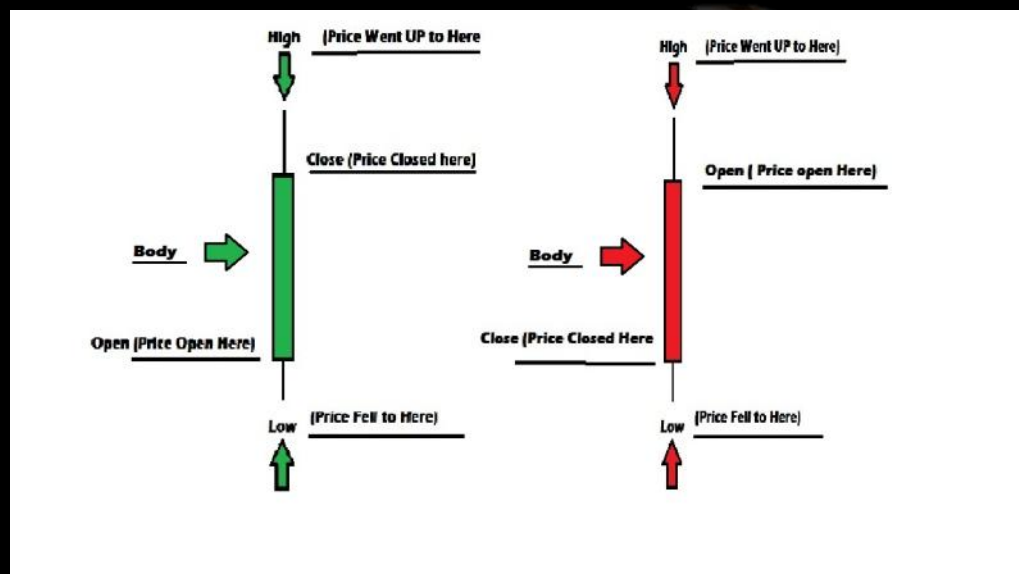




# THE MARKET CORNER

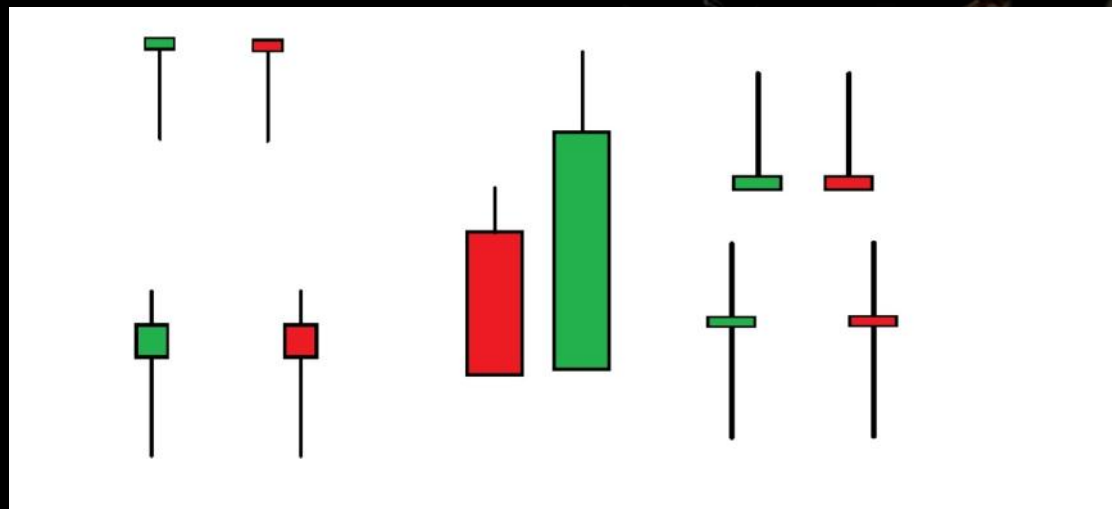
Wassup Money team! Welcome back to another Article of "The Market Corner" its 2026! This is the year of the investor, hopefully if you haven't already, this is the year we take a few dollars of that state pay, and **PAY YOUR-SELF FIRST**, I promise the future you will thank yourself in the long run. Last Article I said I was going to Speak a Little on Breakouts, But first I want to break down how to actually read the candle's on the chart. For Those who know how already, Great and I have a 2nd Half of the Article, for You guys who are slightly More Advanced. So Lets get to the BAG!,

So each Candle has 5 Important sources of Information. 1(The Open) 2(The Close) 3(High of the Candle) 4 (Low of the Candle) The Highs and low points are commonly called "wicks" 5. The Body)



Above are 2 candlesticks, Positive Candle (Green) and a Negative Candle. (red) So we read both candlesticks the same way except **ONE difference**. The Open, and close. **With green candles we read from bottom to top**, Notice the green candles (Open) starts from bottom, and ends at the top. However the Red Candles we do the opposite, **With Red candles we read from top to bottom**. These candles open from the top and close on the bottom. Here are a

few commonly seen Candles you can easily

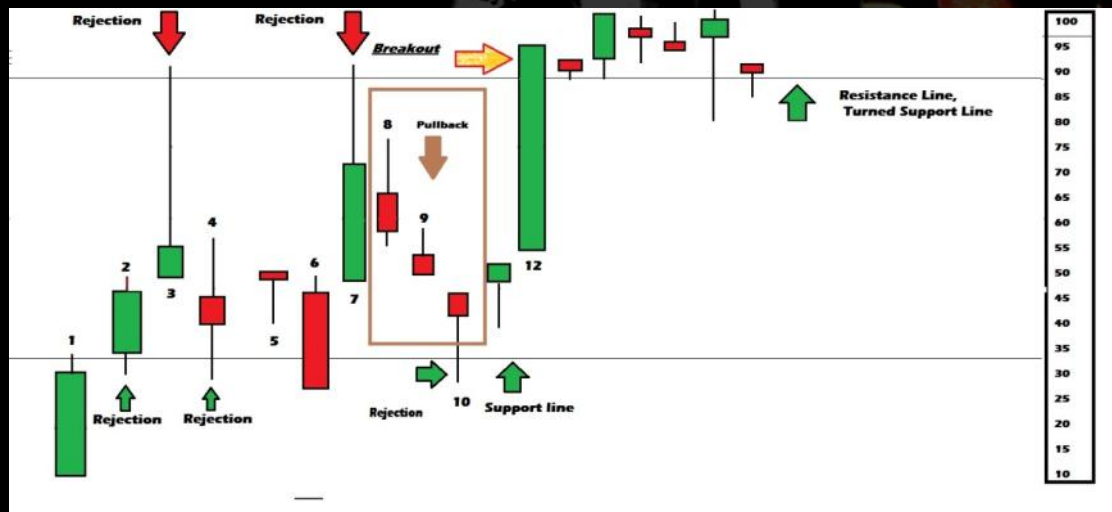


Identify shape of the candle, the different heights or widths of the body's or wicks, they are all read the same way.

Now that you have a little information about candle sticks, lets talk about different Time Frame charts. Each Individual candle Represents a set number in time depending on the time frame you have your chart set up. There are Yearly time Frames, 6 Months, Monthly, 4 Hours, 1 hour, 30 min, 15mins, 5mins, 3mins, 2min, 1min, There are a variety of time frames to choose from. How do you know what time frame to use? Great question, all traders have their own preference, however, Good thing, is this, All time frames follow the "**principles of fractal mathematics**" simply put every pattern subdivides into standard price action patterns in smaller time frames charts, and trading decisions and set ups based on price action analysis therefore work in all time frames. So if you're on a chart set at 5mins, Each candle represent Price action of 5mins, If you have your chart set on 1 hour, Each Candle Represents Price action of 1 Hour. Etc,

So for those who know how to Read Candle Sticks Already, I'm Going to Speak a Little on Breakouts. Breakouts are where price action (a Candle) breaks through either a Support level, or a resistance level. Why Do Traders love to trade Breakouts? Because the probability is 60%-70% when buying Above a Breakout Bullish bar in a STRONG bull trend, Or 60%-70% Probability when selling below a Breakout Bear bar in a STRONG bear trend. (said Famous Trader "Al Brooks") Now don't just go buying above ANY and all big green bars you see/selling underneath all BIG red bars, because **context is important**. First off, If you are Trading in a Lower time frame, false signals are more common to appear. Higher time frame charts give more reliable signals, for example, a Big green bar in a 1

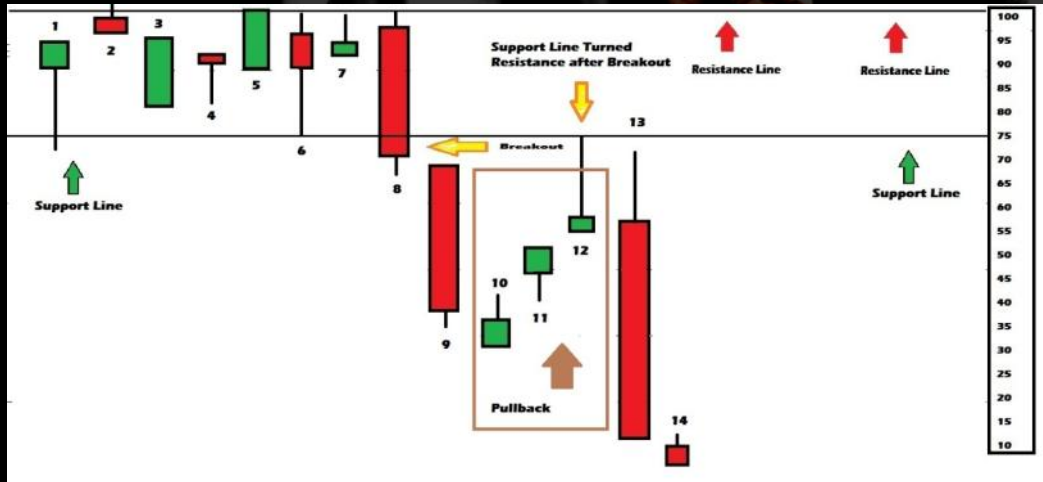
minute time frame, Can still be a Bearish (Red) candle on a 5 min chart because the 5min candle is not finish forming. I'm also going to explain a little on how to trade breakouts, but before we do that, First I'm going to illustrate to you how a Bullish Breakout appears on a chart, for those who don't know the term.



These are HIGHLY common patterns that appear on each and every chart and on every time frame. Learning to recognize this pattern and spotting this pattern and others patterns before they happens is KEY to having massive profits as a day trader. So gentlemen, I want to put Notice toward the Support Lines and the resistance line and rejections. There are 2 different set of Rejections, support Line Rejections (green) and the 2 Resistance line rejections (Red). Rejections are exactly what they sound like, it's a area where the price action reaches a certain price, then retreats from it. Notice the Bar 1, it "tested" the first line, and closed slightly underneath it. Bar 2 (Gapped Up **"Meaning the price rose after the prior bar closed and "skipped or gapped a price range, Ex, Bar one Closed around \$27 but bar 2 opened at \$32 \$28-\$31 was gapped"**) and Opened above the first line ,Bears stepped in and attempted to push price back down, price "tested" the close of the previous green bar, however bulls Stepped in and drove the price back up. On Bar 3 Bulls stepped in (**Buyers**) and were able to push the price around "\$92ish" but were unable to hold price at that level, before aggressive Bears (**Sellers**) Sold off for profits, and pushed the pushed the Price back down. Bar 4, Was a Bearish doji bar where bears continued to push the price back down under "\$25" before Bulls felt the price was a good deal again and pushed the price back higher. Then bears also pushed the price back down. Bar 7 Was another test of the "92ish" range witch Confirms the resistance level. Bar 8, 9 and 10, is what is a called a **Pullback**. (**Pullback**) - **"Is a Drop in price Action, Pullbacks are a result of profit taking. Some pullbacks are deeper then others and can last as short as 1 Bar**

or Many bars. This Is a Pullback to a support Level, these are **ideal** locations to enter trades, **HOWEVER** cant express enough how important context is, this is only a illustration, seeing only these few bars I have on this chart is **NOT** enough information to base a trade, I'm just showing you what to look far! (Ill try to use a real chart Next Article for the more advanced guys) Bar 12 is the breakout Bar. **The Bar is ONLY considered a breakout if the bar closes above the Resistance level.** Also notice once breakouts occur, **they usually become support levels.** Most Breakout Traders, Will either Set (Buy-Stop Orders,) or Buy-Limit Orders at 1 tick or 2 tick ( point/Cent) Above Bull Breakout bars or Set Sell-stop, Sell-limit orders below Bear breakout Bears, To ride momentum of the trade for a quick scalp, and exit for a profit. Some breakout traders will wait for other traders to take some profit, and simply wait for pullbacks to buy into their position into lower prices in **STRONG** bull trends. Remember the goal is to buy low and sell high, but in **STRONG** bull trends sometimes you can buy High, and sell higher. (In Future Articles ill probably explain how to tell a strong bull trend from a weaker one.)

Below is an example of a Bearish breakout



a Support level. However Rejections at Bar 2, Bar 6, Bar 7. The Bulls have made 3 failed, attempts to Push price higher over the \$100 Resistance, After the 3rd attempt sellers stepped in and pushed prices under the support line, Which ended up leading to a sell off to down to Bar 9. Bars 10, Bar 11, and Bar 12, Is Also a **Pullback**. Wait? Are you asking yourself ? How can it be a pullback if the price is going **up?** Ahhh, **REMEMBER** “Good traders” Make money as the market Goes up and **DOWN**, So as traders take short Positions, When they “Buy back/Buy-To -Close” their Short positions, for profit, in Correlation with the Bull’s buying, (because they think the price here is cheap again) The Stock Rises in Price again, and Bears will wait for the price to rise, just to start shorting again at

at a higher price, So now we have the same concept except in the form of a Bear trend. However remember the **The trend is your friend**, Buying Long positions in a Bear trend, and buying Shorts in Bull Trends, is a guaranteed way to bleed your account dry!

Whew! Well Its time for the closing bell, Hopefully you guys enjoy the information, If You haven't figured out how to access the charts on Yahoo Finance "SIAM" app, Ill Be posting a quick tutorial soon! Lots more info, coming for all the new traders and for my vets who beige watch CNBC & Bloomberg channel's. ANY Questions On Charting/ Stocks, that you want to know Personally, that I may help on PLEASE I encourage you all to reach out to us at Kewanee Horizons and I Promise ill Pull the chart Up, & we can dive on in!



WHATS THIS I HEAR  
ABOUT PEACOCK TRY-  
ING TO TAKE MY SPOT!

# VISIONS OF The JEDI

ACCORDING TO A.I.,  
MY EIGHTEEN INCH  
ARMS ARE IN THE TOP  
ONE(!) PERCENT, VERBATIM,  
STATISTICALLY!!



PEPPERS

HEAVY ON THE INFLATION!  
HE'S IN ELEVATION MODE;  
INDEED.



SKULLY

ZZZZZZ



AKKDO

VISITOR HOME

Antonio P...  
1-10-75



NEW  
KEWANEE  
BIRD

JEDI SAYS:  
"FOR A YEAR & A HALF, I HAVEN'T SEEN ONE GOOSE IN KEWANEE.  
THE REGIONAL BIRD SEEMS TO BE THE MANY MAJESTIC  
DEACOCKS..."

# BRAIN FACTS

Body language is nonverbal communication, in which our thoughts, intentions, or feelings are expressed by physical behaviors such as body posture, gestures, eye movements, and facial expressions...more than 50% of communication is based on our body language.

## **Nonconsciousness communication**

Social interactions between people involve complex streams of nonverbal communication that are processed in parallel to speech. Many aspects of body language arise instinctively - eye movements, facial expressions, and posture, for example, all change without conscious control. These movements can therefore reveal unspoken intentions. Body language is also used to signal social intentions overtly, such as when blowing a kiss. The richness of this communication involves the whole body and our brains are attuned to it.

## **Eye signals**

Pupils frequently shift size and can signal various things. A dilated pupil may indicate surprise or attraction. Constricted pupils are associated with negative emotions such as anger. From a resting point (normal), pupils can shrink or expand; Iris muscles contract to enlarge pupil when dilated.

## **Brian processes**

Processing body language involves areas like the amygdala, which receives emotional content;

part of the superior temporal gyrus, which responds to seeing human movement; and the orbitofrontal cortex, which analyzes meaning. Special cells, called mirror neurons, are also activated when you see someone else moving.

### Facial expressions

Facial expressions reveal much about a person's emotions. The eyes and the mouth, in particular, automatically respond to strong feelings, although people can consciously change their expressions to mask emotions.

### Posture

An aggressive posture tends to inflate a person's size. It may involve extending the arms, setting the feet far apart, and protruding the chest. The same postures may be used to invade others' personal space. In contrast, defense postures are closed - folded arms, for example, are a classic indicator.

### Gestures

Most body language is performed unconsciously, but we have more conscious control over our gestures, which are movements of the body used to convey meaning. There are four categories of gestures: *symbolic* (or emblematic); *deictic* (or indexical); *motor* (or beat); and *lexical* (or iconic). They might be used instead of speech or alongside it for emphasis. Some scientists believe that increasingly complex gestures evolved as the forerunners of speech, which now defines our species.

**Symbolic**

These are gestures that can be literally translated into words - for example, waving hello or making the “okay” sign. They are widely recognized in a given culture but may not be recognized beyond that culture.

**Deictic**

Deictic gestures involve pointing or otherwise indicating a concrete object, person, or more intangible item. Used with or without speech, they act like pronouns, meaning “this” or “that.”

**Motor**

This type of gesture is short and tied to speech patterns, such as moving the hand in time with speech, and is used for emphasis. Motor gestures contain no inherent meaning and are meaningless without accompanying vocalization.

**Lexical**

These gestures depict actions, people, or objects, such as miming throwing when telling a story about throwing a ball, or using your hands to depict an object’s size. They usually accompany speech but contain meaning independently.

# HOROSCOPES



**Aries:** Looking to the future, Aries, what do you want to happen? Where do you want to be? Now is the time to evaluate if you're on the right track.

**Translation: Be courageous. Challenge orthodoxy. Stand up for what you believe in. When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell.**



**Taurus:** Harmony reigns supreme in relationships now, Taurus. You're getting along with everyone and vice versa. Look at you, building bridges!

**Translation: The simple act of listening to someone and making them feel as if they have truly been heard is a most treasured gift.**



**Gemini:** Commit to a plan to ensure you're taking care of both your responsibilities to others and to yourself. You can't be everything to everybody, Gemini.

**Translation: Try to be a rainbow in someone's cloud.**



**Cancer:** The simple things in life make you happy, Cancer. You'll discover you've been unhappy with elaborate plans and spending.

**Translation: How wild it was, to let it be.**



**Leo:** You're feeling a little bit like a homebody these days, Leo. Taking it easy appeals to you now, so maybe plan a short vacation or a long weekend.

**Translation:** I believe that if you'll just stand up and go, life will open up for you. Something just motivates you to keep moving.



**Virgo:** Giving someone some good news warms your heart, Virgo. You don't like to bring others down, so this particular task will be easy for you.

**Translation:** Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!



**Libra:** You're able to assess your values and self-worth now. Do you like what you find, Libra? Reinvest in yourself and you'll increase your well-being.

**Translation:** I'm going to be gone one day, and I have to accept that tomorrow isn't promised. Am I OK with how I'm living today? It's the only thing I can help. If I didn't have another one, what have I done with all my todays? Am I doing a good job?



**Scorpio:** Spend some time focusing on you and what makes you happy, Scorpio. You've probably been giving to other people — now do the same for you!

**Translation:** When you've seen beyond yourself, then you may find, peace of mind is waiting there.



**Sagittarius:** Now is not the time to start anything new, Sagittarius, so resist the urge. Spend time dreaming about this new venture you want to undertake.

**Translation:** You are never too old to set another goal or to dream a new dream.



**Capricorn:** Open your heart to new people, Capricorn. Friends and associates are revolving in and out of your life, whereas you prefer stability and continuity. Maybe you need to meet some new folks who better suit what you value now.

**Translation:** When we let fear be our master, we cannot be happy and free as a butterfly. But when we choose to trust the journey and embrace love and joy, we are free to fly.



**Aquarius:** You're finding value in working, and not just for the money. Your social circle could be expanding as a result. This will boost your self-esteem, Aquarius!

**Translation:** You can be everything. You can be the infinite amount of things that people are.



**Pisces:** You're ready for a real vacation, Pisces, one where you get in a plane and go somewhere new and exciting. Go be a tourist somewhere for a while.

**Translation:** The bad news is time flies. The good news is you're the pilot!

# 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!**

