

FLU [INFLUENZA]

ON December 19, 2014, I came Down
Hard under the bad, bad Super-Bad FLU!!!

Yea! I had this Super-Bad FLU ON LAST
CHRISTMAS DAY!!!

I ONLY LEAVE cell BL-49 ON Thursday
and Monday Mornings to Shower and go to
HEALTH SERVICE UNIT (HSU). Also to shower
ON Saturday Morning!

Therefore, I don't know how I caught
the SuperBad FLU!

But better Now!!!

Be careful [STAY WELL!!!] out there!

KEEP WONDERING!!!

THE PRESIDENT ROCKIN IN
THE WHITE HOUSE TO "
FORTUNATE SON"...

"VETERANS DAY CONCERT 2014 Performance
PBS.org JOHN FOGERTY ROCKED-OUT
Credence anti-war "FORTUNATE SON"
to rockin President Barack H. Obama
, First Lady Michelle and Soldiers in
Attendance at The House ... THE WHITE
HOUSE.GOV.

CHECK-OUT: ROLLING STONE DECEMBER 4,
2014 [RS1223] RollingStone.com / RANDOM
NOTES, p.p. 29-30

BY: LEON IRBY DATED: DECEMBER 27, 2014

PRISON NEWS

THE MAKING OF A NEW DOCUMENTARY
ON THE CRIMINAL JUSTICE AND
CORRECTIONS SYSTEM...

EXECUTIVE PRODUCER OSCAR ACTOR
MS. SUSAN SANDARON.

SOURCE: OK TV! (C) OKTV USA DECEMBER
17, 2014

CORRECTED: MS. SUSAN SARANDON

BY: LEON ZRBY DATED: DECEMBER 28, 2014

THAT'S WHAT PEOPLE SAY:

JARGON

SHOOT THE PUPPY [V.]

DEFINITION: TO ENGAGE IN AN UNPLEASANT YET NECESSARY TASK; TO DELIVER BAD NEWS.

USAGE: IT'S REALLY TOO BAD OUR ARTISANAL TOOTHPASTE WASN'T A BIGGER HIT. NOW WE'VE GOT TWICE AS MANY SALES AS WE NEED. I'M JUST GLAD WE WERE ABLE TO WAIT UNTIL AFTER THE HOLIDAYS TO SHOOT THE PUPPY.

SOURCE: ENTREPRENEUR JANUARY 2015 p. 24
JANUARY 2015 / ENTREPRENEUR.COM

BY: LEON ZRBY DATED: DECEMBER 27, 2014

IRBY, LEON
Patient Name

HU-17
Living Unit

COMMON COLD/FLU INSTRUCTIONS

Colds and influenza (commonly known as flu) are sicknesses that are found in all age groups. If you have the Cold or the Flu you may have a fever up to 104°F, dry cough, sore throat, general body aches or backache, very bad headache, chills, very tired, and pain when you move your eyes, or a burning feeling in the eyes.

There is no special care for a cold/flu, but the following ideas may help you to feel better.

1. Get a lot of bed rest, 7 to 8 hours or more each day.
2. Tylenol or Ibuprofen may help you with some of your discomfort. They are used for pain relief as well as for helping to lower fevers. You can get both of these at the canteen. **Antibiotics are usually not effective in treating this type of illness.**
3. Decongestants or cold pills may help you with the discomfort of a stuffy, runny nose, itchy watery eyes, and sneezing. Chlorpheniramine is the cold tablet you can get at the canteen.
4. You should drink a lot of fluids. You should drink an extra 1-2 quarts of fluid over what you usually drink each 24 hours.
5. Throat lozenges (available in canteen) may help a sore throat feel better. You can also gargle with warm salt water 3-4 times daily.

J. Valerius, RN
Nurses Signature

12-21-14
Date

BX: LEON IRBY

2 of 2 DATED: JANUARY 5, 2015

VOLUNTEERING IN NORWAY



THE WONDERS OF NEW TECHNOLOGY

Within the past several months, we received an email from Fred, a web developer/programmer based in Oslo, Norway. Fred contacted us in response to an ad we listed on a volunteer website in which we were seeking a web developer. At first, we were very surprised that someone so far away was interested in helping a small non-profit organization in the Chicagoland area.

After emailing back and forth, Scott, our Interim Executive Director, got on Skype at around 2 AM Chicago time (9 AM in Norway) and spoke with Fred about his interest. Instantly we knew that this was going to be a great fit. Fred was very enthusiastic about social justice, and was very knowledgeable about the various issues we have with our prison system in the United States.

Currently, Fred is working on a system where we can deliver audio links/MP3s to our Aunt Mary Storybook participants. As our society becomes more and more connected through the Internet, and as many new computers are no longer coming with CD drives, we feel it is important to adapt to the changing technology. When the system is up and running, caregivers and their children will not only receive a new book, but also a username and password to an online system where they will be able to hear their incarcerated parent read the story to them. This system will work through the computer or their mobile device. To ensure that everyone receives the recording, we will continue to offer CDs to families without an internet connection or computer.

Fred has been such a tremendous help to our organization, and we cannot thank him enough for it! Tusen takk, Fred!

BY: LEON ZRBY

DATED: DECEMBER 27, 2014

BOARD PROFILE



BOARD PROFILE: PHIL

As a new Board member at CJT, can you tell us a little bit about yourself?

I work as the Prison Response Organizer for the John Howard Association of Illinois (JHA), the only citizen monitor of our state's penal policies and practices. In my work, I process the thousands of letters and calls JHA receives annually from incarcerated individuals and other people impacted by the criminal justice system.

After graduating from Loyola University of Chicago with a B.A. in Political Science in May of 2013, I became a full-time staff member at JHA. I started with JHA as an intern during the summer of 2012 and remained as both volunteer and part-time staff until I was granted a full-time position. As a formerly incarcerated person, I empathize with the issues and challenges people in our penal institutions must grapple with on a daily basis.

What do you hope to accomplish during your term as a Board member?

I appreciate the opportunity to serve on the board of Companions Journeying Together. In this role, I hope to foster educational opportunities for the children of incarcerated parents by encouraging these kids to begin reading at an early age, the cornerstone of scholastic success.

A solid education can break down the barriers standing in the way of these kid's path to socio-economic advancement, enabling them to break free of the cycle of poverty and incarceration that too many young people are caught up in by no fault of their own. This begins when a child reads early and often.

What do you think the public needs to know about those who are incarcerated?

"Inmate" is a broad term that blankets many individual human beings. The men and women that are incarcerated in Illinois' prisons and jails are in fact a diverse group of persons from a variety of backgrounds that committed an act within a spectrum of criminal offenses that range from mere nuisance to behaviors that led to tragic and terrible results.

Some incarcerated persons are decent folks that did a bad thing. They should be held accountable for their actions, but are not deserving of being permanently branded as unscrupulous and irredeemable. Like all of us, inmates are individuals whom are worthy of forgiveness. Many of them are capable of earning their way back into the fold of society if given a chance to do so. Regardless of what their parents did, I believe that a just and wise society will not forget about the children impacted by their parent's incarceration, but rather, will provide them with the support they need to lead happy, productive lives.



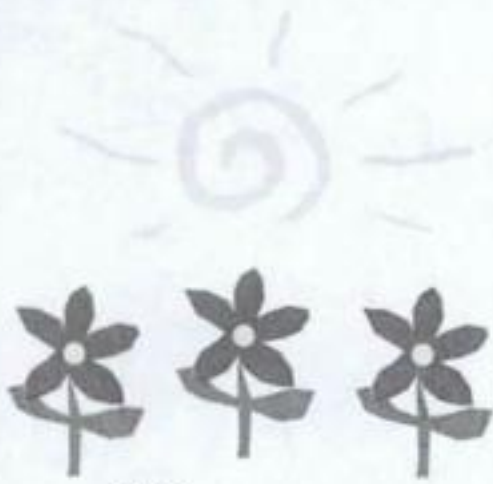
BECOMING A FRIEND

(from Silver Lining's "Moments with God")

It takes work to be the helpful, considerate, caring person that others will want to know and spend time with, but it's well worth the investment. Being a friend means that you need to reach out. Is there someone that you can think of who needs to know that you are there for them – that you are a friend who cares? Pray for the spirit of friendship. So light up your life and radiate some brightness to someone who needs you.

"Dear God, shine through me and help me lighten another's darkness by showing the same friendship that you extended to me. Show me a person that is in desperate need of a friend today. Help me be sensitive, caring, and willing to go out of my way to meet this person's need right now, whether it be emotional, physical, or spiritual.

Thank you that when I need a friend, YOU are the friend that sticks closer than a brother or a sister. In ~~Jesus~~ name, Amen."



We lose vigor through thinking continually the same set of thoughts. New thought is new life.

PRENTICE MULFORD



Success is relevant to coping with obstacles. . . . But no problem is ever solved by those, who, when they fail, look for someone to blame instead of something to do.

FRED WAGGONER

Self-confidence cannot be taught . . . it must be caught.

BY: LEON IRBY

DATED: DECEMBER 27, 2014

DIVINE PLAN
(from "Healing Thoughts")

**"Lead me in your truth, and teach me;
for you are the God of my salvation;
For you I wait all day long."
Psalm 25.5**

Some days I may be better at coping with physical and emotional challenges than other days. Yet there may be days when I feel as if I am at the end of my patience and drained of energy. Whenever I am feeling sad or frustrated, I know what will restore my hope and energy: I call on God for comfort and strength.

My faith is in God. Because I hold on to my faith, I will not give up hope or give in to fear. I believe in the divine timing of a divine plan. In the next few moments, blessings might appear that I had not even considered.

Immersed in prayer, I feel the assurance of God's presence and reassurance that a divine plan is unfolding.

**I hold on to my faith in God and know
that a divine plan is unfolding.**

There is only one way to conquer fear and that is to face it! Come-alive-power gives courage!



WHEN LIFE HANDS YOU A BIG DISAPPOINTMENT, IT'S TIME TO MAKE NEW PLANS. IT'S

HOW DO YOU MOVE A MOUNTAIN? YOU MOVE A MOUNTAIN ONE TRUCKLOAD AT A TIME. YOU CHISEL AWAY ONE CHIP AT A TIME.



Hello, my name is Tyrone and I'm an inmate in a Wisconsin prison. On August 14th, 2013, I will have served 15-years of a 46-year prison sentence for armed bank robbery. At the age of 54... soon to be 55, my prison time continues to be a daily challenge. The prison environment can be quite hostile at times and takes its toll mentally, emotionally, physically and spiritually! Your separated from family and friends, which can leave you feeling alone and forgotten. Soon follows fear, doubt, confusion, despair, self-pity and feeling just plain hopeless. There's a Proverb that states: "Hope deferred makes the heart sick..."

It didn't take me long to figure out, that I had no friends in prison! This is accept for those who had ulterior-motives for personal gain including sexual relations. My grandparents were the first to pass on and soon afterwards my parents. My remaining family members all lost touch one-by-one! This includes my daughter and only child, who is a single mother of four children. I feel so helpless knowing my prison time, is sometimes harder on them... than it is on me. Nonetheless, I struggle to hold on! I do not believe there is a deeper or more painful wound than this.

My daughter has only been able to visit me once, primarily because of the traveling distance between here and Pennsylvania... where we were born and raised. No visits or phone calls makes it easier to block things out and to cope with my prison time. However, this can lead to a hard-heart and becoming insensitive to healthy feelings and emotions. Furthermore, it can lead to isolating and being anti-social. In short, the practicing criminal takes on the convict-mentality. He believes his being in prison is an excuse for everything and it's every ones fault, but his own! They also think that every inmate is either a child-rapest, homosexual or snich! When they themselves go on being posers, pretenders and players who are angry, mean and down right arrogant. Nonetheless, they are lost souls!

There are times when I feel like I'm hanging on by a thread, but grateful that I make it from one day to the next. I'm unsure of how long I can go on living in two different worlds (prison and the outside), and question if I'm becoming institutionalized or not. I questioned this on Christmas Eve Day, after a fellow Christian ask me if I had heard from my family? Suddenly, I realized I had not heard from them... nor had I gave it any thought!

Today, as a new creation in Christ I cling to "The Author and Finisher of my faith" who promised to "Never leave me, nor forsake me." Through serving the Lord, I have learned how to make good use of my time... 'for an idle mind is the devils workshop.' Therefore, take responsibility for your life and like me... do something to help yourself. Be creative and get involved with programs, projects and other events. Set goals, have a purpose and a plan that will benefit others as well. Make a quality decision to start giving back! Most importantly, pray for your victums' and others.

There is hope for the changed life! Therefore, trust your soul to, "The Anchor and Lover of your soul." Like the movie 'Shaw Shank Redemption', I had to get busy living or dying. I had to allow my prison time to become a bitter-sweet experience, and get better rather than bitter! I was always in such a hurry to get out of prison, I failed to get the prison out of me! Sure society and technology has advanced, and there will be many challenges. However, "I can do all things through Christ who strengthens me." Prison isn't where I want to be, but it's where God is using me and so I'll keep praying: "Father... not my will, but Yours be done."

Keep the faith,

Tyrone Emig #204824 * S.C.I. * 100 Corrections Drive * Stanley, WI 54768-6500]

BY: LEON IRBY DATED: DECEMBER 27, 2014

- From Darkness to Light -

The saying goes that when we travel through life in a unspiritual and criminal sinful way, we are traveling in the Darkness because we know not God, and are therefore doomed. I traveled in Darkness for many years of my life, and this Darkness led me to Death Row where I sat for many years awaiting execution. During my stay on Death Row, a place I know to be very Dark, I came to a decision that changed my life. I no longer wanted to be in the Darkness. I wanted to be in the light. So I changed my unspiritual and criminal way and got closer to God, and in doing so I also got closer to the light. So close that im proud to say as I sit here in the light writing this message to all, I am no longer on Death Row, because the decision and changes I made in my life brought about Gods blessing to free me from the Darkness to the light, and though I am still imprisoned my future is bright.

I hope it gives all that read
"it the courage and inspiration to change, and
know that God recognizes changes in ones life
and rewards those that change for the better!"
one love Vernell

God bless you!

"I WAS COUNTRY WHEN
COUNTRY WASN'T COOL..."

MAD! MAD CHATTER NOISE...

TAYLOR SWIFT "1989" GOES "POP"...

Last month I seen Mr. Willie Nelson
and Legendary Billie Joe Scarvers
Singing on CBS DAVID LETTERMAN...

Taylor says she went "POP"!!! HELL,
COUNTRY WENT POP LONG TIME GONE!!!

KEEP ON WONDERING!!!

BY: LEON IRBY DATE D: JANUARY 02, 2015 [2015]

PRISON NEWS

NEW CALIFORNIA LAW PROPOSITION
47 EFFECTIVE 2015

This new law, inter alia, will reduce
Criminal Sentences (Penalties) and
Ease those sentenced under the
DRACONIAN "THREE STRIKE" = LIFE LAW...

Reported: PROJECTED to Save \$1.25
BILLION over 5 years... 40,000 LESS
INCARCERATED Yearly.

SOURCE: CBS EVENINGS... CBS NEWS.COM
NOVEMBER 27, 2014 THANKSGIVING
DAY 5:30 P.M. EST

BY: LEON IRBY

DATED: JANUARY 02, 2015

FOR THE WANDERING
UNIVERSAL MIND

RECOMMENDED EDUCATIONAL
READING:

CALIFORNIA PROPOSITION 47

"IN a Year of record low Voter turnout, Prop 47 Passed with 59 per cent support, thanks in part to endorsements from nationally prominent Republicans like Rand Paul and Newt Gingrich."

The entire Article illuminates the Criminal Justice, including Prison Industrial Complex Transformation.

SOURCE: Rollingstone.com January 15, 2015 THE WAR ON DRUGS IS BURNING OUT Leading at the ballot box from Alaska to Washington, D.C. Americans are charting a path to a safer National Drug Policy." BY Tim Dickinson. NEED TO KNOW

BY: LEON IRBY DATED: JANUARY 02, 2015

PRISON LEGAL NEWS

VOL. 25 NO. 12 DECEMBER 2014,

P. 60 ["NEWS IN BRIEF"]...

" WISCONSIN: ON March 31, 2014, a prisoner performing ground maintenance at the Rock County Jail discovered Jimson weed (*Datura Stramonium*) growing on the property, picked it and brought it into the jail. The hallucinogenic plant was then ingested by six prisoners. When they began acting strangely, medical staff was called in and the prisoners were taken to Mercy Hospital and Trauma center. Jimson weed is not illegal, but jail officials were considering what charges, if any, could be filed against the prisoners for bringing it into the facility."

— [*Datura Stramonium*]...

⚡ KEEP ON WONDERING !!!

BY: LEDN IRBY DATED: JANUARY 2, 2015

PRISON LEGAL NEWS

VOL. 25 NO. 12 DECEMBER 2014

P. 57 ["NEWS IN BRIEF"]...

Israel: ON APRIL 10, 2014, AN ISRAELI COURT imposed a fine equivalent to \$1,449 and loss of visitation privileges ON a Palestinian prisoner, Abdul Karim Rimawi, who had smuggled his sperm to his wife, resulting in the birth of a boy... a baby boy. Although other Palestinian prisoners have successfully provided their wives with sperm to conceive [conceive] children, according to a statement issued by a Palestinian prisoner club Association, "The punishment of Rimawi is the first such kind of punishment in the history of [the Israeli] courts".

⚡ KEEP ON WONDERING !!

BY: LEON IRBY DATED: JANUARY 2, 2015

PRISON LEGAL NEWS

VOL. 25 NO. 12 DECEMBER 2014

PRISON BANKERS CASH IN ON CAPTIVE
CUSTOMERS BY DANIEL WAGNER

COVER STORY WWW.PRISONLEGALNEWS.ORG

This meaningful and valuable and illuminating article reveals the otherwise hidden... Not Reported astronomical amount of money the PRISON INDUSTRIAL COMPLEX, e.g., consisting of SWEETHEART DEALS between BIG BANKS, CORPORATIONS, Federal and State Governments REAP OFF POOR PRISONERS FAMILIES AND PRISONERS. HOWEVER...

I will cite briefly only one illustration herein below. But to any individuals actively interested in this ISSUE, it is urgently recommended to please digest this whole exposé...

Part II: Megabanks have
Prison Financial Services
Market Locked Up, p. 9

ON WALL STREET, BANK OF AMERICA plays a perpetual second fiddle to JPMorgan Chase & Co., the only U.S. bank that holds more assets.

A few blocks north, however, at the New York Metropolitan Correctional Center, there exists a market that Bank of America has locked down, literally. For the 790 federal prisoners incarcerated at MCC, Bank of America controls the provisions of money transfers, e-messaging and some telephone services.

The bank's monopoly extends across the Federal Bureau of Prison System—121 institutions housing 214,365 prisoners. Since 2000, Bank of America has collected at least 76.3 million for its work on the program.

When prisoners are released, JPMorgan steps in, issuing high-fee payment cards to distribute money from their prison accounts, which include earnings from jobs and money from their families send them.

The banks exclusive deals came not from the Bureau of Prisons, but from the U.S. Department of the Treasury.

The agency awarded the contracts using a 150-year-old authority that allows it to sidestep the oversight, transparency and competition typically required for federal contracting.

This Article is educational and informational and need to know. Please check it out!!??

KEEP WONDERING!!

BY: LEON IRBY

DATED: ~~DECEMBER~~ ^{JANUARY} 3, 2015

3 of 3

ADULT CONTENT !!

WELCOME BACK !!!

LIKE IT'S 1970'S / 2015!

AT NBC SATURDAY NIGHT LIVE

SNL WEEKEND UPDATE

NEW WEEKEND UPDATERS

COLLIN JOST, 32;

MICHAEL CHE, 31;

Are fresh, outraged... outrageous, Accurate,
brave, informative, educational, entertaining;
FUNNY AND WONDERFUL!!

ONE illustration: concerning the U.S. Senate
Committee recent release of CIA TORTURE
related to Post-9-11;

che comment: Chevy said: He only

1 of 2

got half a hard-on!

Mr. Jost ... Becoming the third employee in the history of Saturday Night Live to transition from head writer to the "weekend update" desk.

[His two predecessors: Tina Fey and Seth Meyers, who went on to do okay for themselves.]

Mr. Che ... Getting hired as a correspondent on The Daily Show with Jon Stewart in June [dream job number one] and leaving, three months later, to join Jost as co-anchor of "weekend update" [dream job number two].

SOURCE: ESQUIRE DECEMBER 2014 ESQUIRE.COM
P.P. 160-161 / ESQUIRE STYLE

BY: LEON IRBY

2 of 2 JANUARY 5, 2015

REBELL HEART

SHOUT-OUT

TO SUPERSTAR, SUPERWOMAN

AND REBELL GOOD HEART

MADONNA

"MADGE'S MISSION

Madonna took a break from finishing her new album to visit Malawi, where she opened a new hospital wing and met President Peter Mutharika."

-Rollingstone.com AugustXXX JANUARY 15, 2015/
RANDOM NOTES, P. 30.

Whom do you imagine Dr. MLK, Jr.; President Nelson, and other REBELL HEARTS STANDING with?!! You or your UNKIND AND UNCONSCIOUS critics?!! The SAME who criticized and crucified them!!!!!! \!!!!!!

"FREEDOM IS JUST ANOTHER WORD
FOR NOTHING LEFT TO LOSE"...

—Kris K.

Now here: I APOLOGIZE FOR ALL THOSE
WHO APOLOGIZED FOR OTHERS
SINS ... !!

INSPIRATION: Mr. Phil Robertson; Henry David
Thoreau; Sir Thomas More; Nat Turner and John
Brown ...

KEEP WONDERING!!

BY: LEON IRBY

2 of 2 DATED: JANUARY 10, 2015

KATY PERRY

THE CALLING

CALLING KATY PERRY

COME OUT TO THE UNIVERSE
AND PLAY!!!!

KATY PERRY

TRANSIENT STELLAR LIGHT
STAMPEDING

OUR WAY

FLAUNTING WHAT SHE GOT!!!

BUT YOU CAN'T SEE IT.

LOVELIEST CALIFORNIA GURL

KICKING HOT SAND

INTO SNOOP DOGG'S KISSER

STOLEN HER VOCALS BEAUTIFUL,

1 of 3

SOULFUL TRICKS FROM
"TOYS"

REMINISCENT

"LOVERS CONCERTO"

LEAD SINGER SHIRLEY HARRIS

KATY

SHINE STAR

BREWING SWEETEST NAUGHTINESS!!!

YET!! SHE WON'T LET YOU

TASTE IT

PROMISES!! PROMISES!!!

NO NEED FOR LOVING SPOONS...

SHE DESIRES TO BE

BORN AGAIN:

BUT STILL FEARS

SIN!!

· SHE KISSED TWERKING
HIPS PRETTY GURL
AND SHE WAS TORCHED!!!

"YOU CAN'T GET STDS
FROM "BIBLICALLY CORRECT SEX"

"BETWEEN THE DESIRE
AND THE ORGASM
FALLS THE SHADOW"

SAINT JOHN
SAVE ALL SINNERS
FROM;
SELF

SOURCE: ROLLINGSTONE.COM AUGUST 14, 2014 COVER STORY;
MR. PHIL ROBERTSON; T.S. ELIOT;
"DESOLATION ROW" B. DYLAN

BY: LEON IRBY

3 of 3 DATED: JANUARY 10, 2015

ORANGE IS THE NEW BLACK

THE STANFORD PRISON EXPERIMENT
1970's

UPDATE: CORRECTION IN 2015

The Professor who led the
Stanford [UNIVERSITY] PRISON
EXPERIMENT [SPE] WAS:

DR. PHILLIP ZIMBARDO

#KEEP WONDERING!!

BY: LEON IRBY DATED: JANUARY 10, 2015

PUSSY RIOT

WHAT'S NEW PUSSY POWER!!!

UPDATE: ADULT CONTENT XXX
REVOLUTION!!! DATED DECEMBER
23, 2013...

More! more! More Love!!

Brave Masha Alevanikova, of Russia, Pussy
Riot, was ARRESTED in central Moscow, for
protesting in support of opposition leader
Alexi Naval [sic]...

His brother was arrested...

About 100 demonstrators...

They need our support and PRAYERS!!!

SOURCE: BBC OVERNIGHT NEWS RADIO; BBC
WORLD SERVICE; BBC OUTSIDE
SOURCE " TUESDAY 4: AM.
DECEMBER 30, 2014 ... WPR RADIO.

AMERICA SNIPER

STARRING BRADLEY COOPER

SIENNA MILLER

DIRECTOR CLINT EASTWOOD

OUT JANUARY 25, 2015

How things changes with the generations
, and former things are LONG forgotten.

EARLIER TIMES, SNIPERS, [: 2, fire a Rifle
from hiding, usu. at long range,] were
despised by ALL SIDES!! ONE who dealt sudden
death out of the DARKEST SHADOWS!

AND who stayed out of sight!

There was TIME ... a TIME when WARRIORS
had "NOBLE" FANCIES!

"That dirty coward
who shot Mr. Howard
and laid poor Jesse
in his grave."

— THE BALLAD OF JESSE JAMES
[1847-82] AUTHOR UNKNOWN

"He who lives by the sword
shall perish by the sword."

Bradley Coopers fascination with a COLD-
BLOODED SNIPER makes good HOLLYWOOD but
BAD ZSIL!!

SOURCE! Charlie Rose Interview with
Bradley Cooper / CBS UP TO THE
MINUTE DECEMBER 25, 2014, THURS-
DAY 4:AM.

REAL LIVE

Let us finish her Life MISSION
So that at our GREAT UNIVERSAL
REUNION

She will greet us OVERFLOWING
with SELF-LOVE, INTERNAL PEACE AND
JOY! P.S.A. 118: 24

But for now, we have her work to do!

SOURCE: PBS.ORG NEWS HOUR MONDAY 6PM
JANUARY 5, 2015

KEEP WONDERING!!

BY: LEON IRBY DATED: JANUARY 16, 2015

TRAYVON MARTIN

GEORGE ZIMMERMAN

UPDATE:

George Zimmerman, Murder of Trayvon Martin was arrested on charges of assaulting his girlfriend. #GMA NEWS TICKER goodmorninamerica SUNDAY 7:AM CST. JANUARY 11, 2015.

GO TO ABC NEWS. COM FOR LATEST UPDATE.

MR. ZIMMERMAN, MURDERER, APPEARS TO HAVE THE "WASTING AWAY DISEASE" !!!

#KEEP WONDERING!!

BY: LEON IRBY

DATED: JANUARY 11, 2015

PHYLICA RASHAD DEFENDS COSBY

DR. HUXABLE

BILL COSBY

EMMET TLL

AND HIGH TECH LYNCH MOB JUSTICE

UPDATE:

ON December 28, 2014, Chuck Todd, Host, NBC SUNDAY "MEET THE PRESS.COM" with white Male; Black male and white female comedians... Guest panel discussing, inter alia, Bill Cosby allegations of being a serial rapist; — swayed my opinion to some kind of wrongdoing by Cosby.

Mr. Todd even showed Tina Fey old NBC SNL WEEKEND UPDATE CLIPS ON COSBY ROPE ALLEGATIONS.

HOWEVER, Bill's wife and family and then — his TV COSBY SHOW wife Honorable Phylica Rashad and family... Peoples closest to Cosby still stand by him!!!

1 of 4

Now - Consider Madam Rashad's husband and famous Sister Debbie Allen [Who also worked on Cosby's NBC show "DIFFERENT WORLD"] are all in the Business.

Therefore, IN THE KNOW!!!!

SO NOW, IT'S TIME TO CSI
THE ALLEGED MULTI-CRIMES:

ON JANUARY 5, 2015, COSBY SHOW Madam Keshia Knight-Pullman defended Bill to Wendy Williams show-face. YouTube.com Wendy Williams show.

Wendy showed NO DISAPPROVAL!

She later showed that to Madam Rashad, who was not there to defend herself!

It so enrages me when white men, like Judd Upton attacks this Honorable Brave Lady in defense of BILL White accusers.

Ain't she a Lady too!!

SUPERMODEL BEVERLY JOHNSON is credible

because she is Black! Reverse Racism!
BS!!

Madam Rashad correctly - as all
FAIR-MINDED PERSON ought to do: QUEST-
IONED WHERE IS THE EVIDENCE !!!!!!!!

LET'S LOOK:

[A] HOW DO THESE WOMEN KNOW THEY
WERE DRUGGED?

[B] WAS IT TASTE; SMELL; FEEL OR
WHAT?

[C] HAD THEY ANY CONCERN FOR WHAT KIND
OF SUBSTANCE IT WAS...INGESTED?

[D] IT'S ADVERSE AFFECTS [DAMAGE]
ON THEIR BODY (HEALTH)?

[E] WHY DID NOT ONE SOUGHT MEDICAL
EXAMINATION?

[F] WAS IT A PRESCRIPTION (RX) DRUG?

[G] THEN... WHY CAN'T TMZ.COM BUY INFOR-
MATION ON WHERE MR. COBY GOT HIS DRUGS FOR OVER
20-YEARS!

[H] HOW DID THESE WOMEN DETERMINED IN AN UNCONSCIOUS STATE MR. COSBY HAD RAPED THEM?

[I] WERE THERE SEMEN... BRUISES OR WHAT?

[J] DID ANY ONE OF THEM WITNESS ANY OTHER ONES BEING RAPED BY MR. COSBY?

[K] CBS EVENING NEWS.COM ANCHOR SCOTT PELLY, NOVEMBER 20, 2014, THURSDAY, 5:30 PM, CST REPORTED ACCUSER SUPERMODEL JANICE DICKERSON WOULD APPEAR ONLY IF PAID! FOR SALE — MS. DICKERSON?

MR. COSBY MANY ACCUSERS CITE NUMEROUS (VICTIMS) AS CONCLUSIVE EVIDENCE OF GUILT. NONETHELESS, CONVENIENTLY OVERLOOKING AMERICA'S UGLY TRUE HISTORY OF WHOLE TOWNS LYNCHING WHOLLY INNOCENT BLACK BOYS AND MEN WRONGLY ACCUSED OF RAPE !!!

SO, WE JOIN WITH MADAM RASHAD IN THE FAIR "BEGGING QUESTION": WHERE IS THE EVIDENCE!
SHOW US THE EVIDENCE!!!!

Have You Been "BLACKMALED?"

Were you sentenced under the 1986 or 1988 Anti-Drug Abuse Laws Mandatory Minimum to 20 or more years in Federal Prison for a non-violent drug crime? If so, you **may** be eligible for Clemency by the Obama Administration. In a recent speech at the New York State Bar Association Annual Meeting in New York City, Deputy Attorney General James Cole made these statements:



"SOME PEOPLE JUST CANT STAY OUT OF TROUBLE, CAN THEY?"

We modified our charging policies so that certain low-level, nonviolent drug defendants, with no significant ties to large-scale organizations, gangs, or cartels, will no longer be charged with offenses triggering mandatory minimum sentences. Instead, they will be charged with offenses that allow prosecutors and defense counsel to argue for, and judges to impose, sentences better suited to their conduct. Under our new policy, those enhancements are to be used only in those cases warranting the most severe sanctions. By making these changes to our policies, we intend to make smarter use of our limited and costly prison space and reserve the longer sentences for the most serious, high-level or violent drug offenders. And embedded in this issue of fairness is the consideration of sentence reductions for those who, at an earlier time, encountered severe and inflexible sentencing laws.

This brings me to another issue I want to address. The issue is executive clemency, particularly commutation of sentence. Commutation of sentence

is an extraordinary remedy that is rarely used. But it may be available in certain circumstances, including when an individual has a clean record in prison, does not present a threat to public safety, and has been sentenced under out-of-date laws that have since been changed, and are no longer seen as appropriate. Aside from legislation, the President also has the ability to take executive action to positively impact the criminal justice system. A little over a month ago, the President commuted the sentences of 8 men and women who were sentenced under severe—and out of date—mandatory minimum sentencing laws. Convicted of crack cocaine offenses, each of these individuals had served more than 15 years in prison at the time of release, but most were serving life sentences. To be clear, these commutations were not pardons, they were not exonerations, they were not forgiveness. Rather, as the President said, they were an "important step toward restoring fundamental ideals of justice and fairness." He noted that "many of [these individuals] would have already served their time and paid their debt to society" had they been sentenced under current law. The President's grant of commutations for these 8 individuals is only a first step. There are others like the eight who were granted clemency. There are more low-level, non-violent drug offenders who remain in prison, and who would likely have received a substantially lower sentence if convicted of precisely the same offenses today. This is not fair, and it harms our criminal justice system. To help correct this, we need to identify these individuals and get well-prepared petitions into the Department of Justice. It is the Department's goal to find additional candidates, who are similarly situated to the eight granted clemency last year, and recommend them to the President for clemency consideration. We anticipate that the petitioners potentially eligible for consideration would include: non-violent, low-level drug offenders who were not leaders of—nor had any significant ties to—large-scale organizations, gangs, or cartels. We would also look for petitions from first-time offenders or offenders without an extensive criminal history. Editor's Note: If your case or someone you know has a case that fits the criteria for possible clemency, please contact: <http://www.justice.gov/iso/opa/dag/speeches/2014/dag-speech-140130.html>

**Have we not all one father?
hath not one God created us?
why do we deal treacherously
every man against his brother,
by profaning the covenant of
our fathers? Malachi 2:10**

Federal Bureau of Prisons
320 First St., NW
Washington, DC 20534
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Office of the Pardon Attorney
950 Pennsylvania Avenue, NW
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Strictly For Laughs

Lawyers should never ask a question if they aren't prepared for the answer. In a trial, a Southern small-town prosecuting attorney called his first witness, an elderly, grandmotherly woman to the stand. He approached her and asked: "Mrs. Anderson, do you know me?" She responded, "Why, yes, I do know you, Mr. Williams. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit paper pusher. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Anderson, do you know the defense attorney?"

She again replied, "Why, yes, I do. I've known Mr. Bradley since he was a youngster too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him." The defense attorney almost died. The judge asked both attorney's to approach the bench, and in a very quiet voice, said; "If either of you idiots asks her if she knows me, I'll send you to the electric chair."

GOD FORGIVES SIN, NOT EXCUSES

"A good man leaveth an inheritance to his children's children." Proverbs 15:22

Johnnie Renee Nelson
continue to inherit only the wind.
end. We must eradicate this trend, lest our children never know true liberty. This must stop. This must invest in the trappings of so-called success we will labels and electronic gadgetry. As long as we only buying habits, i.e., our fascination with designer are held back by our own attitudes and our own hold us back economically. But more importantly, we slavery's legacy, but by the vestiges of racism which consequently we continue to be shaped not only by panded opportunities in employment and education. In spite of ex-haunted us since our emancipation. In spite of effects of Jim Crow discrimination that has perniciously devastated. Nor have we recovered from the effects of Jim Crow discrimination that has perniciously devastated. Nor have we recovered from slavery's economic. We have not yet recovered from slavery's economic.

Message In A Bottle



BrothaMan

BY: LEON IRBY

DATED: JANUARY 11, 2015

BrothaMan

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Believe

**Believing is the confidence that we can do anything.
It's the inner feeling that what we undertake,
we can accomplish.**

**For the most part, all of us have the ability to look at
something and to know whether or not we can do it.**

**But when we believe, we become powerful:
our eyes are opened: our opportunitites become clear;
our visions become our realities.**

MESSAGE TO THE UNIVERSE

[IS THERE ANYBODY OUT THERE!!]

WILL YOU RECEIVE THIS MESSAGE??

This blogger has LONG Advocated

"PUSSY POWER"!!!

So, naturally I am hugely inspired to
see the young, of this generation ladies-
Loudly, Boldly Proudly claim back
their stolen "BIRTHRIGHT"!!

But please remember Ladies like
Katy Perry; Iggy Azalea. The TEMPT-
ATIONS IN Circo's 1964 shouted-out;
'AINT TOO PROUD TO BEG"!!

So, Rock the Universe - Ladies Love!

XOX, 22, British U.K. SUPER WOMAN!
IS Lady of the Hour.

Her new album, SUCKER (out in December), could make her a bona fide star: It's a brash blast of punky pop that's equal parts the Clash and Katy Perry. Charli says its message is "PUSSY POWER" — IN YOUR FACE, DON'T GIVE A FUCK, BRIGHT RED AND PINK!

"... And [Iggy] Azalea put her to work on a "Funky" follow-up called "Beg for it";

SOURCE: ROLLINGSTONE December 18, 2014 -
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COM XCX MARK THE SPOT
MUSIC'S MOST EXCITING PUNK ROCKER HAPPENS

to be a pop singer. A wild night
with Charli XCX
- BY CARYN GANZ, p. 58

BY: LEON IRBY DATED: JANUARY 11, 2015