

IF YOU WANT TO WALK FAST,
WALK ALONE;

IF YOU WANT TO WALK FAR,
WALK WITH OTHERS.

— AFRICAN PROVERB

BY: LEON IRBY DATED: FEBRUARY 01, 2015

PRISON NEWS

"PRISON-INDUSTRIAL COMPLEX"

AVO DUVERNAY'S Road to "SELMA" !!
BY GAVIN EDWARDS

"Now, Duvernay is looking forward to developing a TV show. She is also putting together a documentary on the American "Prison-Industrial Complex".

SOURCE: Rolling Stone.com JANUARY 29, 2015

BY: LEON IRBY DATED: JANUARY 26, 2015



"To plant a garden is to believe in tomorrow."

submitted by GUIDEPPOSTS
reader **PATRICIA EGAN**, of Bethlehem, Connecticut

"Everyone you will ever meet knows something you don't."

sign seen at Park Avenue Methodist Church, New York



"Happiness is a product of attitude and thought. It comes from you, not to you."

from *God's Little Book of Hope*, by **RICHARD DALY**

"We are to be fruitful as well as faithful. We need growth in all areas of life—there is no steady state. Our talents, money, time and resources are all God's gift to us and should be used well."

investment banker **KEN COSTA**, from his book *God at Work: Living Every Day with Purpose*

"It doesn't matter if a million people tell you what you can't do, or if ten million tell you no. If you get one yes from God that's all you need."

playwright, actor and film director **TYLER PERRY**



"The task ahead of us is never as great as the Power behind us."

submitted by **GINGER STEWART** of Tuscaloosa, Alabama

Your life and mine shall be valued not by what we take, but by what we give.

BY: LEON ZIRBY DATED:

- Edgar Allen Poe

JANUARY 26, 2015



Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Living one day at a time;

Enjoying one moment at a time;

Accepting hardships as the pathway to peace;

Taking, as Jesus did, this sinful world as it is, not as I would have it;

Trusting that He will make all things right if I surrender to His Will;

That I may be reasonably happy in this life and supremely happy with Him

Forever in the next.

Amen.

Reinhold Niebuhr

A FAMILY PRAYER from "Moments with God"

Dear God, for our family we ask your love and care in the days and years ahead. We pray for the strength to go to work every day. It's not easy to get up early and then go out to face the world. The competition is tough, and the bottom line is inflexible. Give us the strength to work.

We pray for the health of every family member. You know our bodies better than we do. Every ache and pain, every sickness, is a concern to you. Therefore, we ask that you keep watch over our bones, muscles, and every bodily system because you are the Great Healer.

We ask for guidance in all the decisions we must make in the days ahead, the big decisions, and even the little daily ones. We acknowledge that without divine direction, our lives become meaningless, wrapped up in our own selfishness, leading nowhere. Lead us to where you want us to go!

Let us be friends with our neighbors. Especially give us patience when it seems our comforts are ignored or our rights infringed. In every dispute, let us be willing to be fair, and even take less than we deserve. And give us a spirit of humility that we might offer help and comfort when we see a neighbor in need. Amen.

A Letter from Mother Teresa

The things a man has to have are hope and confidence in himself against odds, and sometimes he needs somebody, his pal or his mother or his wife or God, to give him that confidence.

Clark Gable

When I first came to prison in 1991, I was bitter and depressed. I thought I'd write to Mother Teresa in Calcutta, India. Frankly, I didn't expect a reply.

To my surprise about four weeks later, I received a letter postmarked from Calcutta. It was from Mother Teresa in her own handwriting.

I had told her how disappointed I was and how angry I was about almost everything. She told me to forgive those who had hurt me, for my own peace of mind. She also told me to forget my anger. It could only hurt me more than others. She urged me to look around in prison and try to help relieve the suffering of the others around me. I thought this was strange, but I shared her letters with other prisoners, and I was surprised to see big changes in their attitude and behavior.



Mother Teresa reminded me, too, that Jesus had suffered and died for me and for all mankind, including prisoners.

Later, she wrote, "Thank you for your sharing. It is beautiful to know that you allow my simple words, from so far away, to bring His healing love to your troubled heart. I encourage you to continue to help others around you who are hurting by spreading the fragrance of God's love through your compassion for them in their own trials."

In one of her earliest letters, Mother Teresa told me that every morning her congregation of nuns, the Missionaries of Charity, prays in their Motherhouse in Calcutta. Part of their daily morning prayer is, "Lord, help me to reach out today to anyone who may be hurting in any way. Let me listen to them and tell them of your love for them." It was amazing to me that when I shared this message with other prisoners, how much calm and tranquillity resulted.

One young man from New Jersey had been a Mafia hit man. He wept when Mother Teresa wrote to me to give him her message of love. I think it changed his life. What always amazed me was the simplicity of her message. Why hadn't we seen this before? It took a humble woman in India to remind us that peace and love begin with us. If we want peace and love in our lives, we must be willing to give peace and love to others. No wonder such words seem radical.

Just before she died in the fall of 1997, Mother Teresa wrote to encourage me to continue to promote Love Day, which I had begun, to honor her and her work, to be observed on October 7 every year. Nearly forty governors have written their support of Love Day, and she was very pleased that her message would be shared so widely throughout the world.

In her last letter, just weeks before she died, she asked me to remind anyone who would listen that the greatest

disease in the world today was "poverty of the spirit." She urged me to tell others to "commit random acts of kindness and deliberate acts of love."

Mother Teresa's letters to me are for prisoners everywhere. They bring light in the dark and hope to the hopeless.

Lou Torok

POSTED BY: LEON IRBY DATED: JANUARY 26 2015



Perfect Peace

There once was a King who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The King looked at all the pictures, but there were only two he really liked and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains were all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains too. But these were rugged and bare. Above was an angry sky from which rain fell, in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all.

But when the King looked, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest ... perfect peace.

Which picture do you think won the prize? The King chose the second picture. Do you know why?

"Because," explained the King, "peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace."

John 16:33 *"I have told you all this so that you may have 'peace' in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*



Why does God permit us to lose some of the good gifts he has bestowed on us? Why does he take some of them back from us? There is no one answer that fits all situations, but there is one reality about God that can help us trust him in spite of our loss: God always has our best interest at heart. If we trust that this is true, and we draw nearer to him (rather than pull away), the merciful reasons for his permitting our loss appear to us, one by one, like the stars, shining steadily in the heavens. Our disappointment, then, gives way to a deepening love for the one who watches over our lives more carefully than we can fully comprehend.



The Law of Compensation

If you commit a crime and are tried in court
And acquitted by a twist of a tort.
Are you really innocent of what you've done?
Even if the courts say you have won.
But that's not true, there's a universal law.
It works all the time without a flaw.
It's The Law of Compensation, there's a price to pay
Even if things seem to go your way.
There's a price internal for everything you do.
It must be paid no matter how you argue.
Harm someone, you'll know it within
Even if the courts say you shall win
You'll know in your heart, you're guiltier than sin.
So before you do anything, these questions ask
Even if it's a simple task.
Is this task wise? Will it hurt anyone?
Will everyone benefit when the task is done?
Will everyone say it's a Win/Win deal?
Will everyone be satisfied with how they feel?
Am I willing and able to pay the total price?
Will everyone be free of sacrifice?
If you can say YES to these questions,
You can be sure
Everyone will be winner,
Everyone will feel secure.

Sid Madwed



"Dogs are like furry little life-teachers; they are the goofiest looking gurus. They remind us that the true joys in life are happiness, love, affection and, of course, food. And let's face it, they are right."

singer **LUCY SCHWARTZ**, who cast her music video "Boomerang" with rescued pups

"Life has no limitations, except the ones you make."

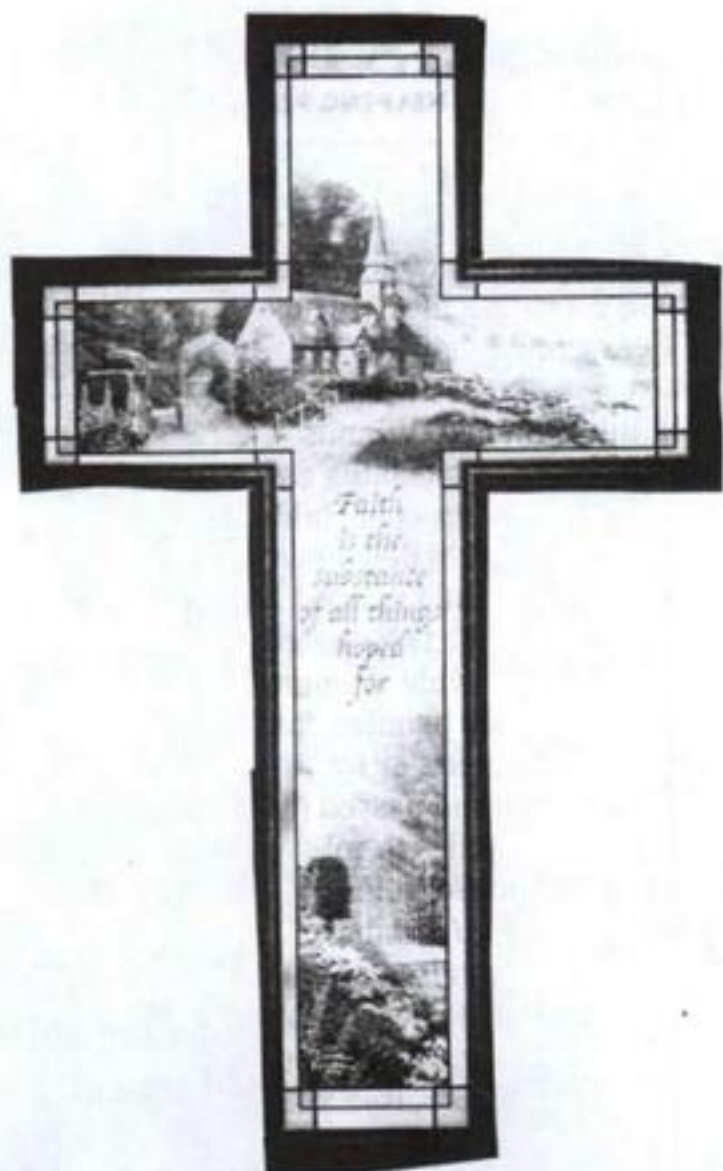
LES BROWN, motivational speaker



Focus Your Energy

Trials, temptations, disappointments—all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of character but strengthen it. . . . Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before.

James Buckham



Dr. Viktor Frankl, author of *Man's Search for Meaning*, was one of the few survivors of Auschwitz. He was a German Jewish psychiatrist who somehow managed to live where tens of thousands of others died. With little food or clothing and no medical attention, he was forced to stand by while his fellow prisoners were cremated.

Upon being released at war's end, he was asked how he had managed to survive. What powers did he have that others lacked? How had he managed to stay alive?

He is said to have replied, "I always knew that my attitude was my own choice. I could choose to despair or to be hopeful. But to be hopeful I needed to focus on something I wanted."

BY: LEON IRBY DATED: JANUARY 26, 2015

CHICKEN SOUP FOR THE PRISONERS SOUL
HEALTH COMMUNICATIONS, INC.
3201 SW 15TH STREET
DEERFIELD BEACH FL 33442-9875

ON FAITH



Its Rightful Owner

A smile is the shortest distance between two people.

Victor Borge

I spent twenty years at Bastrop Federal Prison and didn't open up to the friendship around me until the last five years. My past crimes included assaults and escapes, and for the first fifteen years, I was known as one of the oldest, most hardened criminals in the system.

One morning while I was in the hallway, a prison psychologist, Dr. Geraldine Nagy, stepped out of her office and almost bumped into my 275 pounds of brutal hostility. As we made eye contact, a smile appeared on her face. "Good morning, David," she said, as she stuck out her hand. I was dumbstruck that she knew my name; I had never gone near her office.

I managed to say, "Good morning," as I shook her hand. Dr. Nagy walked down the hall, then turned back and said, "Do you ever smile?"

"Yeah," I answered, "sometimes."

"Find somebody you feel comfortable with, and try it today." She smiled, waved and walked away.

Dr. Nagy's moment of kindness toward me that day helped change my life. I took her advice and the smiles led to friendships—and ultimately to a pivotal, permanent change in me.

After twenty years in prison, I'm now free and successful. Practicing random acts of kindness and senseless acts of beauty helped hand my life back to its rightful owner—me.

David Smith

Born with a hard head, I lived by my own rules. My greed and pride kept me believing I couldn't be bad and that I didn't need God. The truth is, I was lost and living in a self-made prison of drugs, money and sex . . . a prison much stronger and more debilitating than the physical kind. The real question isn't why I came back to prison, but rather why I wasn't dead. I was so close to hell you could smell the smoke on my clothes. But God in his mercy and love snatched me away from that destiny.

Roy A. Borges



Mail Call

Darkness and loneliness fill my cell
With pain and fear too great to yell.

I wait for the mailman to deliver to me
As I wipe away tears that no one will see.

I pray so sincere with head raised above,
"Please, God, soon send a letter of love."

I long to gaze upon pages so dear,
With riches to bring my loved ones near.

Words of diamonds on pages of gold
A message from heaven as their story is told,

"We love you, miss you, pray you'll be free."
A treasure-filled envelope just for me.

Please bring memories of joys I once knew
Family, friends and things I would do.

The darkness and pain of my cell will prevail
As my name, again, was not called for mail.

John M. Reynolds

A MESSAGE TO THE UNIVERSE
[IS THERE ANYBODY OUT THERE]??
WILL YOU RECIEVE THIS MESSAGE!!

COPS, BLACKS, OTHERS, AND
CAMERAS !!!

Madison, Wisconsin, January 26, 2015, the
City Council is in the Process to consider-
ing whether or not to ALLOW the Police to
wear "CAMERAS".

It's Now in the Preliminary Stage at Wheth-
er to Vote \$30,000 to Study the Matter and
hold Public Hearings and ALLOW Public Com-
ment in the Process.

The Multi-Race called "YOUNG, GIFTED &
Black" demonstrators oppose the use of
"CAMERAS". SEE NBC 15.COM MON-
DAY JANUARY 26, 2015 6:PM, CST.

I SIMPLY Project "CAMERAS" are the moment
HOT "BE ALL"! However, under some obvious
scenarios CAMERAS could become part of
the ongoing problems!

The officer(s) may candidly PLAY to the
"CAMERAS".

Albeit, only a few illustrations, here:
Crying! Shouting out 'O! God, I shot
AN UNARMED BLACK youth! I AM SO
SORRY' and Abused!

What JURY could CONVICT under such
Filmed CIRCUMSTANCES... ANY COP!

#KEEP WONDERING!

BY: LEON IRBY

1 of 2 JANUARY 27, 2015

JOE CROCKER, 1944 - 2014

Hey!!! Joe in HEAVEN "with a
Little help from "YOUR" Friends"
LOVE LIFT YOU UP WHERE YOU
BELONG!!

YOU CAN KEEP YOUR DAMN
HAT ON!!

SHINE ON! RNR!

XOXO !!

SEE: Rollingstone.com JANUARY 29, 2015
BY DAVID BROWNE, P. 22 SEE ALSO BELOW
P. 20f2

1 of 2 of
BY: LEON IRBY DATED: JANUARY 25, 2015

Lo Roux

AKA ELLY JACKSON

(BULLET PROOF).2004

SPARKLING,

SPOTLESS,

FLAWLESS,

NEAT

UNBLEMISHED

CLEANSED

MS.

CLEAN!!!!!!!!!!!!

XOXO

SEE ABC KELLY & MICHAEL.COM OCTOBER 14, 2014

BY: LEON IRRY

DATED: JANUARY 27, 2015

HEFORSHE

PUSSY POWER !!!

UPDATE:

CHARIL XCX

"Charil XCX is the Pop Star 2014 Was waiting for: a badass songwriting savant who's the most fun girl in any room" Who... She steps into."

ALBUMS OF THE YEAR No. 6 Rolling Stone. Com DECEMBER 18, 2014 - JANUARY 1, 2015, P. 22 "XCX MARKS THE SPOT" BY CARYN GANZ, PP 58-61. Id

Jessie J, Ariana Grande and Nicki Minaj "BANG BANG"

Iggy Azalea, Rita Ora
Jennifer Lopez

I salute!! KUDOS ... to these and other BRAVE AND CONSCIOUS YOUNG LADIES the VIM VAGNIA

1 of 3

to RECLAIM their NATURAL BIRTH RIGHT "

FIREWORKS! Katy Perry when referring to her own POWER Said: "... everybody Wants to be ON YOUR DICK" COVER STORY BY BRIAN HIATT Rollingstone.com AUGUST 14, 2014, P. 38, 42

ALSO "Shake it off" TAYLOR SWIFT, PLUTING MR. Kendrick Lamar's " Back street..." "Back - seat Freestyle": "I pray my dick get as big as the Eiffle Tower." COVER STORY BY THEO WENNER Rollingstone.com SEPTEMBER 25, 2014, P. 72

BS!! LIE! LIE!! The Same "MAN" Who told YOU of "PENIS ENVY" told you "MAN" give birth to YOU!!! LIES!!! ALL evil DECEPTIONS!!

PUSSY POWER !!!!!

WHAT RATIONAL THINKER ??? CAN de-
NIE "PUSSY IS THE ULTIMATE POWER ON 'MOTHER-
EARTH' !!!

Keep IN mind, the "WOMB" is the ONLY TRUE SOURCE OF HUMAN LIFE (NOT

Adam's Rib] ! ! ! ! !

BRO MEN, DON'T BE TOO PROUD TO BEG!
THE TEMPTATIONS, CIRCA 1964

POWER TO THE WOMAN!!

BY: LEON IRBY DATED: JANUARY 29, 2015
3 of 3

"AVA DUVERNAY'S ROAD TO SELMA"

- BY GAVIN E. WARDS

UPDATE:

Have you heard of my constant grieving on this site of Dr. Martin Luther King Jr. being unkindly intentionally reduced to: "I HAVE A DREAM" SPEECH"! ... DON'T WE ALL! IMAGINE!

CHECK-OUT MS. DUVERNAY :

"You talk to people about King now and they ONLY KNOW "I have a dream" and he believed in peace and he died". Really?
"That's what he's been reduced to"?

Selma, which stars Oyelowo as King, is the antidote to that shallow sense of the civil rights leader life - a gripping of ... film about the 1965 protest in Selma Alabama, led by King that were instrumental in forcing passage of the Voting Rights Act."

The Remarkable Ms. Duvernay, 42,
Director, also wrote the Dr. MLK, Jr.'s speeches
used in the movie. BBC WORLD SER-
VICE (RADIO) AMERICAN PUBLIC MEDIA [APM]
JANUARY 30, 2015 3:AM, CST.

Also, this Precious, Wonderful Will,
at long last, INSTRUCT BLACKS that Lyndon Baines
Johnson [LBJ] - Not, as widely in correctly be-
lieved - JFK, worked to PASS that LAW.

For more on LBJ go to "WHAT THE HELL
IS THE PRESIDENCY FOR? BY MICHAEL O'DONNELL
THE ATLANTIC.COM APRIL 2014, P. 88; LIST THREE
RELEVANT BOOKS, p. 91...

To those who Marched in 1965, to those
who did not... Now is our moment of URGENCY
to heed the "CALL" and GO SUPPORT OUR MOVIE!
The Know-ALL Hollywood "SUITS" like in days
of old - bet you would... Would Not!!!
Prove them WRONG - AGAIN!

BY LEON IRBY

20fZ DATED: JANUARY 30, 2015

SOMETHING TO TALK ABOUT!!!!

MADONNA

STRIKES BACK

BY CARYN GANZ

ROLLINGSTONE.COM JANUARY 29, 2015,
P. 11, 12

"People often accuse me of being a member of the illuminati; but the thing is, I know who the real illuminati are and I know where that word come from" Madonna says. [Her definition: Scientists, artist and philosophers who flourished during the Age of Enlightenment.] "

#KEEP WONDERING

BY: LEON ZRBY DATED: JANUARY 31, 2015

WISCONSIN STATE PRISONS

DARE TO BE IN THE KNOW

DEPARTMENT OF [MIS] CORRECTIONS

SEE: STATE URGED TO REFORM PRISONS

GROUP PRESENTS STRATEGIES
TO REDUCE INMATE POPULATION

BY GINA BARTON

gbarton@journal-sentinel.com

DECEMBER 11, 2014

BELOW PAGE 2-3 OF 4

KEEPING-UP WITH TWO
MAGNIFICENT CHAMPIONS !!!

UPDATE:

L. VONN AND T. WOOD

TIGER WOOD HAS THE WORST
SCORE OF HIS CAREER, 82...

#GMA SATURDAY NEWSTICKER GOOD MORNING
AMERICA.COM JANUARY 31, 2015 FOR UPDATE GO
TO ABC NEWS.COM

WILL LOVE WIN ALL !!!

XOXO!

SOMETHING TO TALK ABOUT ! ! ! !

UPDATE:

THE UNBREAKABLE KATY PERRY

BY BRIAN HIATT

Rollingstone. Com AUGUST 14, 2014,
P. 36, 64

"Listen, if the Illuminati exist, I would like to be invited," says Perry. "I want to be in the club!"

--- "I don't know... even know what the club is! It sounds crazy."

#KEEP WONDERING

BY: LEON IRBY DATED: JANUARY 31, 2015

THAT'S WHAT PEOPLE SAY:

GOD HAS PUT
SOMETHING NOBLE AND GOOD
INTO EVERY HEART HIS HAND
CREATED.

— MARK TWAIN

PROBLEMS
ARE
GUIDELINES
NOT STOP
SIGNS.
—
— UNKNOWN

LOSE AS IF YOU LIKE
IT; WIN AS IF YOU WERE USED
TO IT.

— TOMMY HITCHCOCK

BY: LEON IRBY DATED: FEBRUARY 01, 2015

NEWS WORTH KNOWING:

UPDATE: USA AND CUBA NEW RELATIONSHIP

CUBA SAYS IT HAS RIGHT
TO GRANT ASSULYM TO US FUGITIVE!!!

SOURCE: #GMA NEWSTICKER goodmornning-
america.com DECEMBER 23, 2014 7:AM
CST FOR UPDATE GO TO ABC NEWS.
COM

BY: LEON IRBY DATED: FEBRUARY 01, 2015

MESSAGE TO THE UNIVERSE
[IS THERE ANYBODY OUT THERE]!!
WILL YOU RECEIVE THIS MESSAGE?!

ISRAEL PRIME MINISTER BENJAMIN
NETANYAHU TO ADDRESS CONGRESS
IN MARCH.

UPDATE

Israel Ambassador to USA. IS AN
American citizen, the son of a Mayor of an USA
city, and he worked for Republican operative
and infamous polster Frank Luntz, [who cur-
rently works at CBS THIS MORNING CBS NEWS.
com 7:AM. CST.]

Ostensibly, he is a Republican operative
... himself!! AS a JEW, he has DUAL CITI-
ZENSHIP WITH ISRAEL.

The Ambassador incredulously asserted
he was unaware of the Protocol to clear
Netanyahu visit^{w/} the White House. [TALK
RADIO JANUARY 29, 2015 3:AM.]

February 1, 2015, ON SUNDAY NBC MEET THE PRESS.COM, NBC NEWS.COM ID:AIM.CST., REP (R. WIS.) Paul Ryan Vigorously Defended their LOW BLOW TO THE HEART OF OUR SOVEREIGN REPUBLIC !!!

Please go below here For Netanyahu Comments to derail the "Major Powers" agreement on IRAN Nuclear Issue at p. 4...

By the way, Establishment Republican Power Player COLUMNIST and FOX SUNDAY Commentator Mr. George Will asserts both Republicans and Democrats "KNOW" IRAN Nuclear Program CANNOT be STOPPED!!

Nonetheless, CAN the Republicans start a WAR ... WAR! ... WAR WITH IRAN!!

FOR MORE GO TO: "THE CYNIC AND THE LAME DUCK PRESIDENT" IT SEEMS THAT HE KNOWS HOW

TO FIGHT - REALLY FIGHT - ONLY WHEN HIS BACK IS AGAINST THE WALL. AND NOW, WITH THE TWO YEARS LEFT IN HIS PRESIDENCY OFF TO AN EXTRA-ORDINARY START. HE HAS AT LAST DECIDED TO FORCE THE ISSUE OF HIMSELF ON THE COUNTRY THAT ELECTED HIM TWICE". — BY CHARLES P PIERCE ESQUIRE. COM JANUARY 2015, P. 100; "THE GOP'S NEW WAR ON OBAMA" "THE GOP'S HIT SQUAD" "NOW IN CONTROL OF CONGRESS, REPUBLICANS ARE BENT ON DESTROYING OBAMA'S LEGACY. MEET THE MEN WHO'LL BE DOING THE DIRTY WORK." — BY TIM DICKINSON ROLLINGSTONE.COM FEBRUARY 12, 2015, P. 31

TO BE CONTINUED...

ZRS ALLEGED PERSECUTION OF TEA PARTY AND RIGHTWINGERS CONGRESS INVESTIGATION...

UPDATE:

LOOKING BACK:

This Blogger from Day one declared Obama was wrong when not firmly standing to defend these diligent hard working and HONEST government employees from "Tea Party" evil Lies!

Now they and I were wholly vindicated...:

"GOP INVESTIGATION OF ZRS/TEA PARTY "SCANDAL" FINDS ZERO LINK TO WHITE HOUSE."

- Rollinestone.com JANUARY 29, 2015, p. 32 ✓
THREAT ASSESSMENT

GET IT HERE FIRST AND
ACCURATE!!!!

BY: LEON LRBY DATED: FEBRUARY 4 2015