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## UPCOMING EVENTS

### RAINBOW CITY ROLLER RINK

Campus Martius, Detroit  
Open November 30th to January  
27th  
Wednesday to Sunday, 2pm-9pm

### KWANZAA AT THE WRIGHT

Charles H. Wright Museum of African  
American History  
315 East Warren Avenue  
Detroit, MI 48201  
December 26-January 1

### SOUTHFIELD - DETROIT JOB FAIR

Best Western Hotel  
26555 Telegraph Road  
Southfield, MI  
734-956-4550  
December 19  
9am-3pm

### DIA'S 10TH ANNUAL COMMUNITY GROUP ART EXHIBITION

*Discover works of art created by  
participants in the DIA's Community  
Group Program, a partnership between  
the museum and human service  
agencies in Wayne, Oakland and  
Macomb counties.*

Detroit Institute of Arts  
5200 Woodward Ave  
Detroit, MI 48202

December 6 - January 6

General museum admission is always FREE  
for residents of Wayne, Oakland and  
Macomb counties.

### BIG, BRIGHT LIGHT SHOW

*The buildings of downtown Rochester try  
to outshine one another, blanketing their  
facades with lights, resulting in an eye-  
popping childish wonderland that speaks  
more of Christmas spirit than gifts do.*

November 19 - January 1

208 South Main Street  
Rochester, MI

## 10 FACTS ABOUT HIV AND AIDS



BY ANNETTA JOYCE

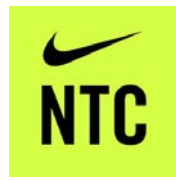
December 1st, 2018 marks the 30th anniversary of World Aids Day, an annual observation created to bring attention to efforts to combat HIV and AIDS, and to honor those who have passed away from the infection.

Here are ten important facts to commemorate World Aids Day:

1. Human Immunodeficiency Virus (HIV) causes the HIV infection which can later advance to Acquired Immunodeficiency Syndrome (AIDS).
2. HIV is spread through contact with blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, or breast milk of a person with HIV.
3. HIV attacks and destroys cells within the immune system that were intended to fight off infections and certain cancers.
4. As for treatment, a combination of HIV medications are used to treat the infection.
5. This blend of medications, also known as antiretroviral therapy (ART), does not cure the infection. However, ART does prevent HIV from multiplying and reduces the amount present in the body.
6. All of the following reduces your chance of HIV infection: using a condom correctly during sexual intercourse, do not inject drugs, and do not share your medicine injecting equipment with anyone else.
7. The service locator at HIV.gov can help you locate HIV Testing centers, mental health services, housing assistance, medical centers, and substance abuse treatment resources in your area.
8. It is recommended that everyone ages 13+ should get tested for HIV at least once a year. People who are at high-risk for HIV infection should get tested every 3 to 6 months.
9. Most HIV-positive people live normal, active lives for some years after infection. Not everyone who is HIV-positive develops AIDS but most people do.
10. HIV is NOT spread through casual contact such as shaking hands, sharing restrooms, food utensils or drinking fountains.

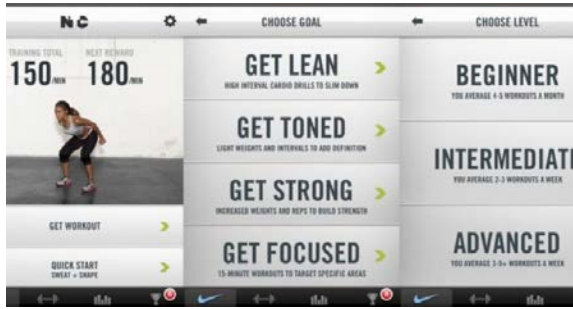
# APP OF THE MONTH NIKE TRAINING CLUB

BY ANNETTA JOYCE



## WHAT IS THE NIKE TRAINING CLUB?

Nike Training Club provides 185+ free workout and fitness plans for all levels. This app allows you to personalize training plans and integrate them into your schedule with workout times from 15-45 minutes.



## HOW DOES IT WORK?

You can start by downloading the Nike Training Club App via your app store and create an account. Creation includes personal details such as full name, email address, date of birth, creating a password or login using a Facebook profile. The app also tailors workout suggestions to your gender and the frequency of your workouts. From there you can begin workouts, get tips from Nike sponsored athletes, and customize the app more to your performance goals.

# SIXTEEN YEARS

BY JOSÉ HERNANDEZ

Incarcerated at the young age of seventeen  
I ended up in a place where I seen everything  
Including animalistic tendencies  
Yet there was still knowledge to be gleaned

Every day for seven years  
I woke up despondent to the core  
By the clamoring of the cell door  
And I realized, I cannot live like this no more

At the age of twenty-four  
I set foot, seemingly into a new world  
Alone, unsure of what I was looking for  
Thankfully, I found guidance from a mentor

It's been sixteen years I've been a freeman  
And I know I'll never forget a place that smelled like a trash can  
It's not easy but with patience you can create a master plan  
That will enable you to live a long life as a free, old man



## EMPLOYMENT OPPORTUNITIES AT AK STEEL

AK Steel currently has 28 job opportunities open in Dearborn, MI Find postings and apply here: [www.careers.aksteel.com](http://www.careers.aksteel.com)

### CUSTOMER SERVICE ASSOCIATE

#### WALGREENS

120 Inkster Rd  
Inkster, MI

Apply here: [www.tinyurl.com/ybeyJ9ra](http://www.tinyurl.com/ybeyJ9ra)

## LIST BY CAITLIN STADLER

### READ EVEN MY DREAMS ARE BEHIND BARS VIA THE MARSHALL PROJECT

Felix Rosado, a 41-year old serving life without parole and founder of Let's Circle Up, a restorative justice project, writes about his dreams revolving around imprisonment during his incarceration. Read more at: [www.themarshallproject.org/2018/11/15/even-my-dreams-are-behind-bars](http://www.themarshallproject.org/2018/11/15/even-my-dreams-are-behind-bars).

### WATCH SAY HER NAME: THE LIFE AND DEATH OF SANDRA BLAND

Sandra Bland was a 28 year-old activist who was arrested for a traffic violation in a small Texas town and was found dead in her jail cell three days later.

### LISTEN POD SAVE THE PEOPLE

Activist DeRay McKesson hosts a weekly podcast on Thursdays about news, social justice, culture, and politics through deep conversations with experts. Listen on Apple Podcasts, Spotify, or [www.crooked.com](http://www.crooked.com).

To see past versions of The Drum, visit [www.sado.org/go/drum](http://www.sado.org/go/drum)  
Follow SADO on Facebook and Twitter!  
@sadamich

HAVE QUESTIONS OR SOMETHING TO CONTRIBUTE?

CALL (313) 256-9833

AND ASK FOR A PROJECT REENTRY TEAM MEMBER

OR SEND A LETTER TO

PROJECT REENTRY

STATE APPELLATE DEFENDER OFFICE

645 GRISWOLD, SUITE 3300

DETROIT, MI 48226

OR EMAIL US AT

[REENTRY@SADO.ORG](mailto:REENTRY@SADO.ORG)

# FAREWELL!

It's time to say a bittersweet goodbye to six members of the Project Reentry team. Thank you for your hard work, dedication, and positive energy. You have all brought something unique to this project, and we look forward to keeping up with all the incredible things each of you will achieve!



## ELIZABETH STAPLETON

### FUTURE PLANS

Wayne State University Law School in the fall of 2019.

### MESSAGE TO THE COMMUNITY

It has been a privilege to work on Project Reentry for the past two years. I've loved getting to know you all and it's an honor to be a

part of the special moments you experience during your reentry journey. Please keep in touch and keep me updated on all of your amazing accomplishments. I'll see you at the next workshop!

## ANNETTA JOYCE

### FUTURE PLANS

Continue to work with advocacy organizations and local leaders to deepen the sense of community throughout Detroit.

### MESSAGE TO THE COMMUNITY

Thank you for allowing me to be a part of your support network. I appreciate all of the lessons, love, and laughter. Peace & Blessings to all :)



## ALLISON GORINE

### FUTURE PLANS

Find a job and enjoy life to the fullest, and move somewhere warm.

### MESSAGE TO THE COMMUNITY

Thank you so much for giving me the opportunity to work with you and inspiring

me to fulfill my goals one step at a time. Remember how far you've come, and don't sweat the small stuff!

## ANITHA MOHAN

### FUTURE PLANS

Through my future work, I hope to shape change and promote an equitable, inclusive, and kind world.

### MESSAGE TO THE COMMUNITY

Editing The Drum has been an honor and a joy!

I will miss it, and you all, very much. I will always carry all of the beautiful experiences and interactions I have had with you all with me.



## HOLLY WICKHAM

### FUTURE PLANS

I plan to continue at my other job at a youth homeless shelter. Although no matter what I do in the future, I want to continue working towards criminal justice reform.



### MESSAGE TO THE COMMUNITY

I have loved getting to know everyone and getting to see so many people thrive as they work towards their goals. I feel so lucky to have been part of this team, and I wish everyone good luck in the future.

## KATE YUGO

### FUTURE PLANS

Work in a position where I can do group and individual therapy with adjudicated youth

and incarcerated adults as a clinical social worker.



### MESSAGE TO THE COMMUNITY

Your support for one another is inspiring, I look forward to hearing about your future endeavors and successes!

## HOW TO COMBAT THE WINTER BLUES BY ANITHA MOHAN

Many of us experience a shift in mood during the winter time. This change is commonly referred to as Seasonal Affective Disorder (SAD), and can occur at any time of the year. SAD can rear its head in the winter, as humans tend to decrease activity levels and experience less sun. Common symptoms of SAD include:

- Feeling sad, grumpy, moody, or anxious
- Lack of interest in activities
- A desire to eat more than usual
- Weight gain
- Experiencing tiredness, regardless of how much sleep you get
- Trouble focusing or concentrating

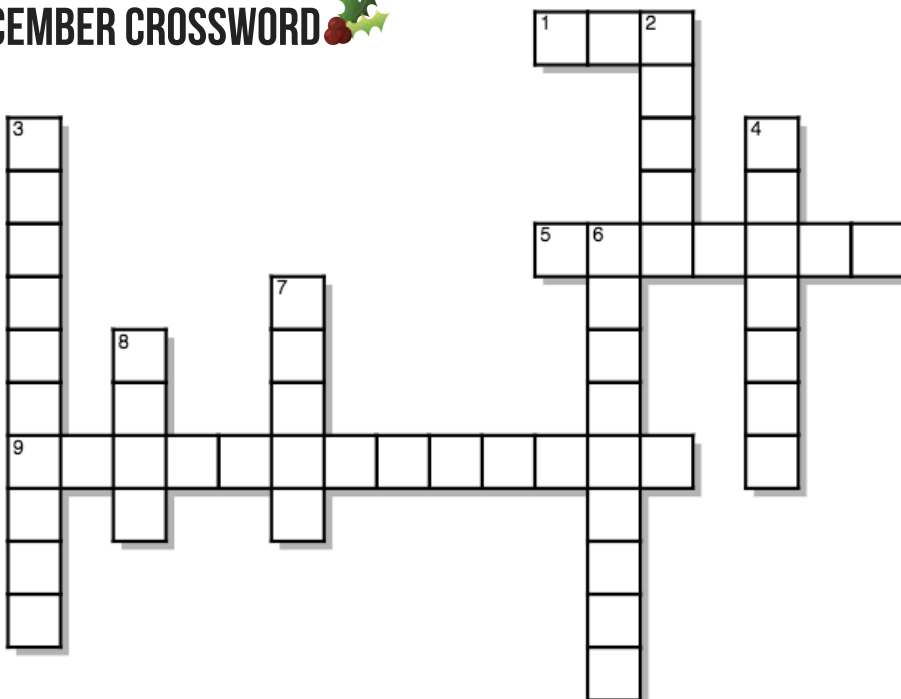
If you experience a mood change in the winter, you may begin to see these symptoms pop up around September or October, and find them gone by April or May.

Here are some tips to manage the winter blues:

- 1. Up your intake of Vitamin D.** With the lack of sun we experience during the winter months, our vitamin D levels drop. You can make up for this loss by taking vitamin D supplements, either in pill or liquid form. You can also eat foods with high levels of vitamin D, including salmon, tuna, sardines, yogurt, cheese, eggs, and products fortified with vitamin D such as milk, juice, and cereal.
- 2. Move around.** It can be extra challenging to feel motivated to exercise in the cold winter months. However, exercising 3-5 times a week, can improve SAD symptoms. For an extra boost, try exercising under bright lights.
- 3. Get outside.** Even in low temperatures, spending time outside can improve your concentration and lower your stress levels. However, make sure you are not at risk for frostbite, which can occur when you are outside for 30 minutes or longer in subzero temperatures.
- 4. Keep a journal.** Writing down some of the thoughts, feelings, and concerns we are having can be an effective way to get negativity out of our system and process what we are experiencing.
- 5. Create a schedule.** If you find that you are unable to sleep well or eating at off times, try creating a schedule for waking up at the same time, and scheduling your meals for the same time each day. If possible, try to schedule in some time to spend outside or near a bright, sunny window.

If you continue to experience SAD symptoms despite your efforts to counteract them, or symptoms are impacting your overall quality of life, be sure to contact a medical or mental health professional to discuss them.

## DECEMBER CROSSWORD



### ACROSS

1. Santa's helper
5. Leave these for Santa
9. Author of "Becoming" and former First Lady

### DOWN

2. Soda pop made in Detroit
3. Candy cane flavor
4. Governor-elect of Michigan
6. These hang from a tree
7. A festive flowering plant and the name of a Project Reentry intern
8. "Sugar, spice, and everything  
-----"