
Tips and Trends from ICJE

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To Phillip Calvert <PCalvert@faulkner.edu>

Monthly News & Updates

April 2025

Medal of Honor recipient Dakota Meyer rejoins the Marine Corps at 36 © Alex Wong/Getty Images

"I Realized I Had More to Give"

It's 3 days after the greatest moment Christians celebrate and I just read a story about a Marine reenlisting.

"I realized I had more to give," said US Marine Dakota Meyer, now 36, during a roundtable with reporters Thursday April 16th explaining why the Medal of Honor recipient was reenlisting with the US Marines.

"I love this country with every moral fiber of my being. I always have. The same reason that I joined 20 years ago is the same reason I'm coming back in. I've just got more to give and it's just such an honor to stand shoulder-to-shoulder with the men and women wearing the nations cloth today."

With the celebration of Easter 3 days ago, Meyer's comments resonated with me in a different way. His dedication and commitment to our country caused me to ask if I am serving our Lord with the same level of commitment that Meyer has to the country.

"For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth." —Matthew 12:40

Am I serving the resurrected Lord with all I have to give? ... A question for the ages I suppose.

May the blessing of Easter be with each of you,

Jim Rechel
ICJE Newsletter Editor
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Please feel free to email comments or suggestions anytime!

Thanks, Jim

A decision is made with the brain.

A commitment is made with the heart.

Therefore, a commitment is much deeper and
more binding than a decision

- Nido Qubein

Society News

Artificial Intelligence is Evolving Fast

I am writing a novel centered on the competing lives of antagonists who knew little of each other until their lives intersected as part of a \$200 million fraud scheme. Both driven by ambition and motivated by their definition of success. One was a banker who blew the whistle on wrongdoing, the other was a serial entrepreneur who rationalized everything he did by the old axiom "the end justifies the means". One was murdered. One survived.

I have finished five chapters and loaded each chapter into Grok and ChatGPT for their opinion of the plot, and my character introductions. I didn't ask for any writing instructions, but rather their opinion as a potential reader of the book. The responses were uncanny in the depth and foresight as to the direction I have planned to take the story.

AI created commentary about each of the characters with very accurate statements that reflect the real life (anonymous) individuals on which the composite fictional figures are based.

Now that I have been exposed to the tool of AI, I am using Grok3, ChatGPT and Co-Pilot as a beta in the work of investigations, and review of my work.

My next endeavor will be to load the ICJE newsletter into NotebookLM, which apparently will then create a virtual audio discussion between two virtual critics who read and discuss the content. Sounds creepy, but I'm going to try it.

I hope I'm not sorry after I try it, but we'll see how it goes and report back next month.

For many people, change is more threatening
than challenging. They see it as the destroyer of

what is familiar and comfortable rather than the creator of what is new and exciting.

- Nido Qubein

The Foundations of Thinking are Fluid and Non-logical

Can AI mimic our minds? This simplistic question has an equally simplistic answer: the brain is sometimes logical and sometimes not. When calculating mathematical equations or writing, our brains may proceed logically...or not. Interesting article follows on how we make decisions.

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Technology

Alabama Man Charged in 2002 Cold Case Murder of Tennessee Man - Wiregrass Daily News

ORANGE BEACH, Ala. (WDNews) - An Alabama man has been indicted in connection with a 2002 cold case involving the disappearance and murder of a Bristol, Tenn., man. Authorities say 52-year-old Christopher James Havrilla was arrested earlier this month in Orange Beach, Ala., after a grand jury in Sullivan County, Tenn., handed down indictments in [...]

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AI...Still Requires Vigilance and Verification

So, I knew nothing about the above Cold Case murder suspect arrested a couple of weeks ago in Orange Beach, Alabama for a 20002 murder in Sullivan County, TN in the city of Bristol.

So I plugged the following into Grok3 as shown below:

My Question: What has Christopher James Havrilla been doing over the last 20 years? He was just arrested for a 2002 murder in Bristol, TN.

The Response: Christopher James Havrilla, recently arrested for a 2002 murder in Bristol, Tennessee, has a limited public record over the past 20 years, but available information provides some insight into his activities and circumstances leading up to his arrest.

Havrilla, now 43, was charged with first-degree murder, felony murder, especially aggravated robbery, and grand larceny in connection with the November 23, 2002, killing of Christopher D. Kitchen, a 22-year-old clerk at the Stop & Shop Market on Volunteer Parkway in Bristol, Tennessee. The case remained unsolved for over two decades until Havrilla's arrest on November 7, 2024, in Mooresville, North Carolina, following a breakthrough in the investigation aided by advanced DNA technology and collaboration between the Bristol Tennessee Police Department and the Tennessee Bureau of Investigation.

Over the last 20 years, specific details about Havrilla's activities are sparse, as he appears to have maintained a low profile.

My Review: Where did the AI Grok3 get this incorrect information: *until Havrilla's arrest on November 7, 2024, in Mooresville, North Carolina* He was arrested in Orange Beach, AL in March 2025. Grok claimed it was misled by an incorrect news report, later stating "The headline referring to Christopher James Havrilla as an "Alabama man" appears to be inaccurate or misleading based on available information. Havrilla, aged 43, was arrested on November 7, 2024, in Mooresville, North Carolina, for the 2002 murder of Christopher D. Kitchen in Bristol, Tennessee. Most reports, including those from the Bristol Tennessee Police Department and news outlets like WJHL and WCYB, identify him as residing in Mooresville at the time of his arrest.

But **ChatGPT** seemed to be more accurate:

The Response: Christopher James Havrilla, now 52, has recently been arrested in connection with the 2002 disappearance and presumed murder of Cody Matney in Bristol, Tennessee. The Tennessee Bureau of Investigation (TBI) announced that a Sullivan County grand jury indicted Havrilla after a breakthrough in the cold case. Matney was last seen on April 28, 2002, speaking with someone in a truck outside Confetti's nightclub on West State Street.

His abandoned vehicle was discovered five days later, with his checkbook left on the dashboard.

Havrilla was apprehended in Orange Beach, Alabama, on March 14, 2025, and booked into the Baldwin County Jail as a fugitive from justice.

My Conclusion: Verify Verify Verify... GROK3 failed...It's possible that Grok3 picked up a bad report and merged the data, or its another person with the same name, who was mixed in with the current murder indictment. It illustrates how new tools need to be refined, and researching the sources for the responses would have solved the discrepancy, but that was not my purpose here.

I just wanted to provide a cautionary warning to those of us beginning to use the new tools of AI.

"I Want to be a Better"... at Making Decisions Under Pressure

Problem Solving & Decision Making Techniques

If you're looking for a great resource for improving your critical thinking skills, or for training material on the topic, I can't say enough about a resource I stumbled upon while doing research for the ICJE Newsletter last year, Critical Thinking Secrets. I have provided this month's article from them below to provide a taste of the material they provide.

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Sharpen Your Skills: Thinking in Crises

Crises, whether personal, societal, or global, test our ability to think clearly and make sound decisions. Developing effective strategies for thinking under pressure is essential for navigating these challenging times.

1. Critical Thinking in High-Stress Situations

- **The Challenge:** Stress can impair cognitive function, leading to narrowed focus, impulsive decisions, and an inability to consider long-term consequences.
- **Critical Thinking Strategies:**
 - **Prioritize Information:** Focus on the most critical information and avoid being overwhelmed by details.
 - **Structured Decision-Making:** Use a structured decision-making process (e.g., identifying options, weighing pros and cons) to avoid impulsive reactions.
 - **Manage Emotions:** Practice techniques like deep breathing or mindfulness to regulate emotions and maintain composure.
 - **Delegate and Collaborate:** Involve others and delegate tasks to distribute the workload and leverage diverse perspectives.

2. Disaster Preparedness and Decision-Making

- **The Challenge:** Disasters, both natural and human-made, require quick and decisive action in the face of uncertainty and limited information.
- **Critical Thinking Strategies:**
 - **Scenario Planning:** Anticipate potential disasters and develop contingency plans.
 - **Risk Assessment:** **Evaluate the potential risks** and consequences of different actions.
 - **Resource Allocation:** Prioritize the allocation of resources to maximize effectiveness.
 - **Adaptability:** Be prepared to adjust plans and strategies as the situation evolves.

3. Applying Critical Thinking During Economic Uncertainty

- **The Challenge:** Economic downturns or financial crises can create anxiety and fear, leading to poor financial decisions.
- **Critical Thinking Strategies:**
 - **Long-Term Perspective:** Avoid making rash decisions based on short-term market fluctuations.

- Diversification: Diversify investments and income streams to mitigate risk.
- Information Literacy: Critically evaluate financial news and advice from various sources.
- Financial Planning: Develop a **sound financial plan** based on your individual circumstances and goals.

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4. Thinking Clearly in the Face of Fear

- The Challenge: Fear can trigger a "fight-or-flight" response, impairing rational thought and leading to impulsive actions.
- Critical Thinking Strategies:
 - Acknowledge and Manage Fear: Recognize your fear and take steps to manage it, such as deep breathing or talking to someone you trust.
 - Separate Fact from Fiction: Distinguish between factual information and emotional reactions or rumors.
 - Seek Reliable Information: Rely on credible sources for information and avoid spreading misinformation.
 - Focus on What You Can Control: Identify the aspects of the situation that you can influence and take action accordingly.

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By developing these critical thinking skills, we can navigate crises with greater clarity, resilience, and effectiveness.

The Power of Purposeful Goal Setting

Setting goals is the first step towards turning the invisible into the visible. Whether you're aiming for personal growth, career advancement, or improved well-being, clearly **defined goals** provide direction and motivation. But not all goals are created equal. To truly harness their power, it's essential to set goals that are both inspiring and actionable.

Here are some key principles for effective goal setting:

- Get Specific: Instead of vague aspirations like "get healthier," define exactly what that means to you. "Exercise for 30 minutes three times a week" is a specific and measurable goal.
- Make it Measurable: How will you know when you've achieved your goal? Quantifiable goals allow you to track progress and stay motivated. For example, "Read one book per month" is measurable.
- Ensure it's Achievable: While it's good to challenge yourself, set goals that are realistically attainable with your current resources and time. Overly ambitious goals can lead to discouragement.
- Make it Relevant: Your goals should align with your values and overall aspirations. Ask yourself why this goal is important to you and how it contributes to your bigger picture.
- Set a Timeframe (Time-Bound): Give your goals a deadline. This creates a sense of urgency and helps you stay focused. "Learn basic Spanish by the end of the year" is time-bound.

Taking Action:

Once you've defined your goals, break them down into smaller, manageable steps. Create an action plan with specific tasks and deadlines. Regularly review your progress and make adjustments as needed. Remember, goal setting is not a one-time event, but an ongoing process of reflection, planning, and action.

By setting purposeful and **well-defined goals**, you can take control of your direction and actively shape the future you desire.

The above technique is known as the SMART Goal setting technique, however there are many techniques to choose from :

SMART Goals: This is a classic and widely used framework. Goals are:

- Specific: Clearly defined and unambiguous.
- Measurable: Progress can be tracked with specific metrics.
- Achievable: Realistic and attainable with available resources.
- Relevant: Aligned with your values and overall objectives.
- Time-bound: Have a clear deadline.

WOOP (Wish, Outcome, Obstacle, Plan): This technique focuses on identifying and overcoming potential obstacles.

- Wish: Define your goal clearly.
- Outcome: Visualize the best possible outcome of achieving your wish.
- Obstacle: Identify the main internal obstacle that might prevent you from achieving your wish.
- Plan: Develop "if-then" plans to overcome the identified obstacle.

OKRs (Objectives and Key Results): Popular in business, OKRs involve setting ambitious objectives and defining measurable key results to track progress.

- Objectives: Qualitative, inspirational goals.
- Key Results: Specific, measurable, achievable, relevant, and time-bound metrics that track progress towards the objective.

- BHAGs (Big, Hairy, Audacious Goals): These are long-term, ambitious goals that inspire and challenge you (or an organization). They are not necessarily easily achievable but provide a clear, compelling vision for the future.
- Backward Goal Setting: Start with your long-term goal and work backward, breaking it down into smaller, more manageable steps with deadlines. This helps visualize the path and identify necessary milestones.
- The 12 Week Year: This technique compresses a year's worth of goal setting and execution into 12-week cycles, creating a sense of urgency and focused action.
- Goal Laddering: Visualize your main goal at the top of a ladder and break it down into smaller, sequential goals (rungs) that lead to the ultimate objective.
- Visual Goal Setting (Vision Boards): Create a visual representation of your goals using images, words, and affirmations. This can help keep your goals top-of-mind and provide visual motivation.
- Theme-Based Goal Setting: Instead of focusing on specific outcomes, choose a theme for a period (e.g., "Year of Learning," "Month of Connection") and set goals that align with that theme.
- Tiny Habits: Focus on creating very small, easy-to-implement habits that build momentum towards larger goals. The idea is to make the initial steps so easy that you can't say no.
- The GROW Model (Goal, Reality, Options, Way Forward): Often used in coaching, this framework helps structure goal-setting conversations and action planning.
 - Goal: Define the desired outcome.
 - Reality: Explore the current situation.
 - Options: Brainstorm possible strategies.
 - Way Forward: Determine the action plan and commitment.
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 - Personal Kanban: Use a visual system to manage your tasks and goals, focusing on limiting work in progress and ensuring a smooth flow towards completion.

Remember that the best technique often depends on your personality, the type of goals you're setting, and the context. You might even find that a combination of these techniques works best for you.

Resource Roundup:

- Book: - **Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals** In this new, fully revised and updated edition of Your Best Year Ever, Michael Hyatt shares a powerful, proven, research-driven system for setting and achieving your goals.
- Video: - **Critical Thinking - Goal Setting techniques** : This video covers goal setting techniques that will increase the likelihood that you achieve your goals.
- Groundnews - Read the news from multiple perspectives.
- See through media bias with reliable news from local and international sources. Get up to **40% OFF** when you use our link: <https://check.ground.news/CriticalThinkingSecrets>
- Tools: - **Brain.fm**
- The only music app made with modes for different activities in your life. Use our url and Get one month FREE! - <https://www.brain.fm/criticalthinkingsecrets>
- **Critical Thinking Toolkit** - The Critical Thinking Toolkit, your ultimate resource for sharpening your mind and taking control of your decisions.

Crime

Crime Tourism Burglary of Joe Burrow's home is linked to a pattern of 'crime tourism,' FBI says

High-profile burglaries of pro athletes are seen as part of a wider pattern of criminals traveling from South America to target affluent homes in the U.S.

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As Promised Last Month - Details on the Joe Burrow Burglary

In the criminal case concerning the December 2024 burglary at Cincinnati Bengals quarterback Joe Burrow's residence, federal investigators presented several pieces of evidence linking the suspects to the crime. The burglary resulted in the theft of approximately \$300,000 worth of designer luggage, jewelry, watches, and cash.

Key Evidence Presented:

- Photographic Evidence:
 - Images recovered from a suspect's cellphone depicted the individuals posing with stolen items, including Burrow's distinctive "JB9" and "9" diamond necklaces. These photos were taken on December 10, 2024, the day after the burglary, and some were deleted during a subsequent traffic stop on January 10, 2025
- Trail Camera Footage:

- A trail camera captured an individual carrying luggage through the wooded area behind Burrow's home at approximately 7:18 p.m. on the night of the burglary, suggesting the suspects accessed the property from the rear, avoiding security personnel stationed at the front.
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- Recovered Items and Tools:
 - During the January 10 traffic stop, authorities found items believed to be stolen from Burrow's home, including an LSU shirt and a Bengals hat. Additionally, two Husky automatic center punch tools, commonly used to break glass, were discovered in the vehicle.
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- Cellphone Location Data:
 - Analysis of one suspect's cellphone placed the device in the vicinity of Burrow's residence during the time of the burglary and later in Miami, Florida, where the suspects were believed to have traveled post-crime.
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- Surveillance Footage:
 - Surveillance video from a McDonald's in Miami on December 11, 2024, showed one suspect exiting a white Volkswagen Atlas, a vehicle linked to the burglary, further corroborating their movements following the incident.
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- Connection to Fencing Operations:
 - Investigators identified communications between one suspect and a New York City pawn shop owner, suggesting an attempt to sell the stolen luxury items. The pawn shop owner was later charged with conspiracy and receipt of stolen property in connection to a series of burglaries attributed to South American theft groups.

These pieces of evidence were instrumental in building the case against the suspects, leading to federal charges including interstate transportation of stolen property and falsification of records.

2025- ICJE Training and Education

Training Schedule

For more information on the 2025 schedule, please visit our website by clicking on "Read More":

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One More Thing

Commitment is what transforms a promise into a reality... Commitment is the stuff character is

made of; the power to change the face of things.
It is the daily triumph of integrity over
skepticism. - Abraham Lincoln

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