



Business Suit or
Business Casual?
Etiquette Night

Chronicle



ASTOUND
anyone in
2 Seconds



Eight ways to trick
your brain into
achieving better
goals!

7 STEPS TO BETTER MONEY MANAGEMENT

The year seems to be moving along rather fast. Some great themes have been elaborated on the last couple of months; legacy and leadership. Qualities every man had bestowed upon them from birth. Call it predestined, ordained, or bound; these traits are engrained within us by design. Slowly but surely as we continue to allow growth to take place in our lives through transformation, we can embody our leadership roles to leave a legacy worthy of our life.

Surely once we have created a starting point in our phase of growth we slowly but firmly adopt new ways to achieve progress. Even one of our 10 Driving Values speak about putting words into action and what better way to do this then to map a plan of action from point A to B with **Goals**. It is amazing how the mind works, what science has proven through research on how achieving our desires are more fundamentally possible by setting goals. How extending ourselves mentally beyond measure-a stretch goal, will help us push harder, as well as increase our performance. That's what we are all doing here right, shooting for the moon? Extending ourselves emotionally, mentally, scholastically to obtain a better way of life not only for society but for our families. Reaching for the unthinkable to achieve the possible through such actions as leading by example so a legacy is left worthy of our name.

So it's only feasible to make a blueprint to accomplish this success. One study suggest you are 50 percent more likely to reach your goal when it is written down. This allows the goal to sink into our subconscious and allows visualization to occur and bring back the desires in our heart to become the better men we all speak about in letters, on the phone, to each other, and in visits. Simple little things like this are able to help us create a path to success or defeat.

There are several other factors which we can complete which will help us to achieve this path we have placed in the fore front of our new journey. This is what the topic of the month is- **Goals**. We have all heard the phrase you have to crawl before you walk but really we scoot on our bellies before we even crawl and that is what goals are. Scooting, crawling, walking and then running toward the greater triumph in who we are to who we are becoming. Then in completing one step in front of the other we build our confidence, self-esteem and conception of what The Almighty always had planned for us as leaders and leaving a mark (legacy) which honors Him, our families and last but not least ourselves. Just taking a minute to say I'm going to do this, this is how I'm going to do it, these are the steps I need to take to do it so I can achieve it, then writing it all down. Which whether you know it or not, you probably do in your letters every week but haven't sat down and wrote a formidable plan of action. Isn't that what developing a business plan does, gives an actionable course to take in achieving something higher? So let's do it in all aspects of life! The plan of action in betterment, filled with integrity and great stewardship of life. So what does your map look like, how are you going to get there, and most of all is it going to make your life and those around you better?

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It's
different
Here

At PEP, paths are *built*,
not *copied*. Expecta-
tions are exceeded.
This is where oppor-
tunity awaits for
achievers, visionaries
and trailblazers.



"The Dugout"

A
Better
Computer
Repair

"Hdogs"

"Victorious
Youth
Gym"

It takes
each of us
to make a
difference
for all of
us.

-Jackie
Mutcheson

"J&W Home Performance Solutions" "Fit for The Future"

"Memory Care Associates"

"One, Two Tree Nursery"

"Real 1 Smoothies"

"The Drop Zone!
Cyber Arcade"

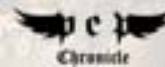
S.S. Home Repair & Renovations

Future Entrepreneurs

"H.E.A.R.T."

There are those whose lives affect all others around them.
Quietly touching one heart, who in turn, touches another.
Reaching out to ends further than they would ever know.

-William Bradfield



Setting Better Goals

--with Science

Achieve your business intentions with eight psychologically backed ways to tap into your brain according to *Entrepreneur magazine*.

1. Think Big.

Create a stretch goal, instead of one that is easy to obtain. This will help you push your performance.

Penn State psychology professors found that big, lofty goals are correlated more strongly with improved performance than small goals. Basically, the higher we set something the harder we try to reach it.

2. Focus, Focus, Focus.

Reduce the too do list. In a study in the *Journal of Marketing Research*, participants who picked just one goal achieved success. At nearly double the rate of those who chased two or three at one time.

3. Grab a Pen.

Have a goal? Put it on paper. In a study at Dominican University, people who jotted down their objectives usually achieved them 50 percent more than those which just thought about them.

4. Think in Ranges.

A study published in the *Journal of Consumer Research* shows that setting a goal within range makes it more likely you will stick with it. Even better: "You'll be more likely to try to set another goal again in the future." according to, Muara Scott, a professor at Florida State University.

5. Map it out.

A goal is great; a game plan is even better. In a study in the *Journal of Applied Psychology*, participants who spent two hours mapping out how they were going to achieve specific goals were likely to find success. The researcher wrote: "Goal clarity increases persistence making individuals less susceptible to the undermining effects of anxiety, disappointment, and frustration."

6. Involve a Friend.

Accountability partners can work as well in the boardroom as they do in the gym. Studies have shown when people use weekly progress reports with a friend their ability to achieve their goal increases by 76 percent.

7. LIMIT THE IMMEDIATE GRATIFICATION.

Our brains are designed to put off the harder task in life and let our future selves work it out (the psych term for this is "present bias"). However a recent study in 2016 in the *Chicago Booth Review* offers help in dealing with the inner procrastinator. Reward yourself in the near future and allow these rewards to spur you to reach greater achievements in the long term of things. A steak house dinner when you get a step closer to the goal, a massage or anything of the sort for getting a little closer.

8. INVITE FAILURE.

There are benefits to failure but most are naïve to them. However, failure is essential to success. With failure we learn what isn't going to help us with our goal we can become more efficient.

Make a First Impression in Two Seconds

Say you have a big pitch coming up. Which we know you all do with BPC getting closer every day. You have put together a good agenda to explain yourself and desires for future entrepreneurship but you have taken notice that the beef of your pitch is at the middle and the end. Here lies the problem because it skips over the most important part: the first two seconds. If you don't nail those, guess what? Everything else becomes irrelevant according to a recent article in *Entrepreneur Magazine* written by V. Van Edwards.

She further explains why due to research compiled by a Nalini Ambady and Robert Rosenthal, then at Harvard, found that our first impressions are essential for our success. In an experiment students were asked to rate a two-second video clip of professors teaching. After which the video and the professor's student evaluations for the semester were compared. The conclusion: Teachers who received low video-clip ratings also received poor student evaluations. With teachers who received strong ratings on their video clips also received the best student evaluations.

Considering that, a strong conclusion occurred, which is teachers were judged the same whether it was based on two-second clips or hours of teaching. Here's the kicker: The two-second video clips were muted! This means the students watching the videos were judging based on body language alone.

Ambady and Rosenthal call this behavior "thin-slicing." They argue that we make quick judgements-or thin slices-of people we meet, and rarely change them. Multiple studies have found thin slicing happens

in dating, parenting and our business contacts. The lesson is clear: If we don't nail our first impression, all our hard work and preparation is wasted. However, you can use this to your advantage-because to win the crowd you only have to amplify the first two -seconds. Here's how.

Step #1:

The grand entrance.

Often we think our first contact comes into play when we first start speaking which is why we spend so much time on openers and introductions. Unfortunately, your first impression occurs the first time someone sees you. Basically, how you take the stage and how you enter a room are just as important as your introduction. Relax, smile, and stand tall-have a commanding presence. Allow your confidence to exude from you. When the time for your entrance transpires, do it with purpose!

Step #2:

Own your content.

The best pitch's come out fluently, steady and with a confidence of the material spoken upon. The individual displays a happiness to have the opportunity to sell their business, idea and venture to someone. In those first two seconds you want to do the same

with an enthusiastic opening line-not so much because the words matter but because when you know what you're speaking upon, you can really focus on the delivery. Show the passion you have for what you are doing with excitement, that is what will become memorable to the panel, to your date or whoever you have contact with!

When you are speaking don't forget to make eye contact. This makes it personal. Once you have passed the two seconds and made the impression desired by your entrance, keep eye contact with each individual for just a few seconds each. Scan the panel left to right, right to left and when speaking to a crowd find several key areas to keep this contact for a second or two. Imagine the crowd as a giant clock with twelve being at the deep center of the audience and six being the person directly in front of you. Now pick out specific numbers on this imaginary clock and go from one area to another, let's say from five to eleven then from eleven to three and three to nine. Whatever the sequence you may travel focus on that area and then move to the next and continue until you finished your speech.

Once you have done all this, relax. By now the crowd has thin-sliced according to Harvard Professors Ambady and Rosenthal and with the confidence displayed, this slice contains nothing but positive things. Now it's time to make that impression last and pay-off!

Bradley C.

(aka Cookie Monster)



Message in a bottle...



**Success is imperative
because it is measured
by your happiness.**

-Steven Keldie Spring '17



**Without struggles there won't be
any progress. Everything will get
better.**

-Francisco Rios Spring '17

**I love y'all, can't wait to come
home.**

**-Gerald Anderson
Spring '17**



Always remember God is with us, so nothing is against us!

-Ruben Moya

Spring '17



**Can't wait to fulfill every single promise I made to you
and embrace you in my arms forevermore.**

-Victor Friday Spring '17





I love you with all my heart. Stay focused on God and stay encouraged. I will be out soon and I anticipate the restoration that God has on us as a family, much love always.

-Daniel Ballejo



"I love you and if it where not for your faith and devotion to our lord Jesus I wouldn't be where I am today, thank you!" To my brothers in Christ Jesus, keep on fighting the good fight and never forget victory is ours!!" "You are the jewel on my crown, my special treasure, always remember daddy loves you!"

-Saul Romero

Spring '17



Three things I would like to say to my family is first, I love you all. I also want to thank you for not giving up on me, and please continue to hold me to that higher standard that you know I'm capable of.

-Johnny Coleman

"Thank you for embracing my daughter and giving her the love and affection that I wasn't able to." "Thank you for putting our differences to the side so that our daughter and I can have a positive, functioning relationship." "Along with everyone else, thank you for the depth of forgiveness and the willingness to extend a second chance."

-Johnathon Shillings Class 22



I continue to get bogged down with homework to the point that I don't even get a chance to study for an upcoming test. We get called out for all sorts of stuff and that takes away from my study time and to top it all off; we get thank you cards that have to be perfect. Otherwise it's even more homework. I feel like our class is going through more than all the previous classes and I'm sure others feel the same way. Sometimes I want to throw in the white flag. I just don't understand why we have to copy something a hundred times and how it's beneficial to personal growth.

I can honestly say that what you're going through is absolutely normal. When I went through class, it seemed like the assignments would keep piling up on us and that it would never stop. However, if we came out on top, then you and your class can do it 10 times better. There's a light at the end of the tunnel and it's absolutely life changing. Think about it this way; time is our most priceless asset and you've invested several months into this program, so why go away empty handed? If you, or anyone for that matter were to quit right now, then you've wasted a good amount of your time and effort. You have to come to a point in your life when you decide to never give up. All great things take time and no matter what you must persist! I would also like to commend you on expressing your feelings, because you're not the only one who feels that way and it's definitely therapeutic to vent and express how you feel. We're all brothers and as brothers we should be able to voice our thoughts freely. In reference to your concern on the thank you cards and getting called out for class; I will admit, I couldn't stand the extra stress those things put on me, but when I realized just how powerful they were on executives, I stopped worrying about messing up and started writing them from the heart. As a result, I stopped making so many mistakes. Now as for getting called out...*sighs*... it's going to be all right, just look at it as a way to get to know all of your brothers, or at least their names.



WRITER'S Corner

I am a part of Fall '17 and I just came from a transfer unit. I've never had to live in a cell-like environment and my cellie seems like an all right guy, but I get annoyed by some of the things that he does. He gets up early, uses the restroom, gets ready and it makes a lot of noise, because it's so quiet in the cell. I feel like he's doing this stuff intentionally to wake me up. Am I tripping?

My fellow PEP brother, after being incarcerated for over six years I have been in your very same situation time and time again. Moving from a dorm setting to a cell setting is definitely not an easy transition. They both have their pros and cons, but one of the cons to cells is that you have to learn to coexist with another individual. Whether it's sleep schedules, work schedules, cell time and especially irritating actions (i.e. snoring, jamming music). Now from personal experience, I am almost 100% positive that your cellie is not doing those things to annoy you. He is merely carrying about his business the way he knows best. What I want you to do is reverse the situation. How do you think he feels about your daily routines? Maybe some of the things you do are agitating to him as well. Have you ever thought of that? I feel for you brother, but the only reasonable solution is to talk to your cellie. In a candid manner and politely express how you feel, so that the both of you can come to an agreement. Communication and compromise is imperative when dealing with cellie issues. However, if you never communicate, then it leaves room for misinterpretation and misunderstanding, which can lead to conflict and hostility.

SPORTS

Crossfit Champions

March 26th was an exciting day on the Cleveland Unit, as the first CrossFit competition took place. All together there were 12 pairs of guys that showed up for the throw down. Anticipation was high as they plowed through three strenuous events followed by "The Jackie", which is a complex heroes circuit. Everyone there was in top shape and competed to the best of their ability. However, there had to be a winner; Sinai Marquez and his partner Michael Villarreal stole the show with a total of 54 points followed by Craig Kubiak and Ryan Duplichan grabbing second place with 47.5 points, along with Robert Knight and Kameron Marcantel right behind them for third place with 34.5 points. Job well done for the Wolf Pack brothers *howls*.



The Rx

- Event 1 The "Ox" Lap**— A one lap sprint
- Event 2** – 75 Push ups/75 Sit ups/75 Squats for time.
- Event 3**— The 10 X 6 Burpee Series
Each partner had to complete 6 sets of 10 reps of different types of burpees (High jump, Double pushup, Double kick out, Double squat, Double jumping jack and Crawl out burpees.)
- The Jackie**— A renowned heroes circuit consisting of six 40 yard dashes (Crab walk, Bear Crawls, Forward Sprint, Backward Sprint, Toe Touches, Lunge Walk) and a one lap to finish.

Referee of the Month



I love seeing the dedication these men put forth day after day and it was an honor to be chosen as a referee for this event. I have a new found respect for the Wolf-Pack especially seeing how they conquered The Jackie knowing personally how relentless and unforgiving she can be. Shout out to the coaches and the whole Wolf-Pack team. *howls*

-Johnathon Shillings
a.k.a.
"Little Caesars"





As the founder of Helping Educate, Assist and Recognize talents, or just H.E.A.R.T., I will oversee all day-to-day operations, which is to say that my hands will be in all departments. At H.E.A.R.T we will be an afterschool care program that will help kids with physical

and learning disabilities receive tutoring with their school work, with a secondary program focused on giving life skills to better equip the children who have dreams of being self-sufficient later in their lives. We plan to have a center in which the children can be dropped off or picked up by our staff. The center will have top of the line security cameras that will allow parents to look at a live feed anytime and from anywhere, as long as they have the password protected login that we give them. "If you want a head start, all you need is H.E.A.R.T!"



H.E.A.R.T.

HELPING EDUCATE, ASSIST, AND RECOGNIZE TALENTS



Today people are living longer than ever before, but as we age our health deteriorates significantly and we become increasingly vulnerable to a barrage of chronic, debilitating conditions and diseases. One such disease affects 1 out of every 9 seniors 65 or older. If you're not familiar with it, Alzheimer's disease regardless of what stage can be a difficult disease to cope with. Not only is it a harsh reality for your loved one, but it can also be difficult as a family member to watch it take course. My name is Hubert Ray. I founded Memory Care Associates to provide families seeking professional care on alternative to large institutional memory care facilities. Our personal care homes are designed



exclusively for seniors with Alzheimer's and other dementia related diseases. With a maximum of 10 residents per home we are able to personalize each residents care plan, and families can be sure their loved one will never be just another number. Memory Care Associates focus is on our residents, their lives and their families.

Hubert Ray aka "Elvis"

Express Yourself..

Hallelujah

Wicked inventions will soon eventually die/
God will commend me as I enter into the skies/
My good intentions will bring before me a prize/
The real prize is it's just me and God for an unlimited
time/
Who am I; I have no worries and no cares/
The weight of the world I bare/
In flesh I appear/
I have a home, but it's not here/
A lifetime I roam in despair/
Death does not share in this hope I have/
And it's not rare/
You're probably thinking I am not real/
But I'm as real as you feel/
And listen here, I am not God/
I am the child that's not spared by the rod/
Sent here to applaud/
The works that are far beyond thought/
The works that are done for our heart/
From the altar to the cross/
May not one soul be lost/
For when there is, please console me lord...
Pay attention to the truth and how He brought it to you/
For those who missed it I am you; Hallelujah

-Jermond Thompson

Michael G.

You have a beauty that even the flowers envy,
And a smile with such resilience that it'll leave
you breathless/

I'm captivated by the reins of your presence,
With no intention of even escaping their grasp/

The harmony your voice enchants upon me,

Casts a wave of infatuation within my heart/

Your love's a mystery that I'm curious to unveil/

And the secrets your eyes withhold behind their
sparkle,

Keep me drawn to you like a planets gravita-
tional pull/

Words can't explain why you glow beneath the
stars;

I guess they're merely mirrors reflecting the star in
which you are/

And if fate remains inevitable, then I never had a
choice,

Because my heart has always belonged to you...

Poetic Presence

-unknown

The Knot Prayer

Dear God,

Please untie the knots that are in my mind, my
heart, and my life.

Remove the have-nots, the can-nots, and the
do-nots that I have in my mind.

Erase the will-nots, may-nots, and might-nots
that may find a home in my heart.

Release me from the could-nots, would-nots
and the should-nots that obstruct my life.

Most of all God, I ask that you remove from
my mind, my heart, and my life all the am-nots
that I have allowed to hold me back.

Especially, the thought that I am not good
enough.

Amen.

Lessons from the Wealthy

1) If you want more money, go to work! Millionaires put in some of the longest hours of any economic group in America. According to a study by AARP, 86% of wealthy workers said they log more than 50 hours per week. One reason for their dedication: about 70% are entrepreneurs, owning their own business; only 10% of them inherited their wealth. Forget about lottery tickets—launch that side business, take a second job, volunteer for overtime or go back to school to learn a new skill so you will be better qualified for a promotion.



2) Be prepared for retirement! America's top earners save almost 40% of their income. This includes emergency funds, general savings and retirement savings. They understand that a long retirement will require substantial savings, or at least a part time job (which really isn't retirement...). Have you noticed how many senior citizens work at Walmart, McDonald's or TDCJ? It is readily apparent they failed to adequately save for retirement! A general rule is to save 10 to 15 percent of your income for retirement. Always maximize the employer contributions and start saving as young as possible. The longer you wait to *start* saving, the more you need to save each year.

3) It pays to own, not rent! Nearly 90% of Americans with incomes above \$120,000 own a home. The financial benefits can easily be recognized: you build equity, ownership brings tax breaks, and you can make a profit when you sell. For most Americans, the two largest assets owned at retirement or death are their home (with equity) and their retirement plan. If you have plans to stay in the same area for five years or more, it makes sense to own your home.



4) Invest in your children! The wealthiest spend big on their kids' education, as well as for "enrichment activities"—camps, music lessons, sports, etc. By spending more on the *people you love* rather than the *stuff you like*, you give them a chance to achieve success beyond your own. This is also a practical idea (if not a selfish one)... successful children do not require financial assistance later!

Lessons from the Wealthy

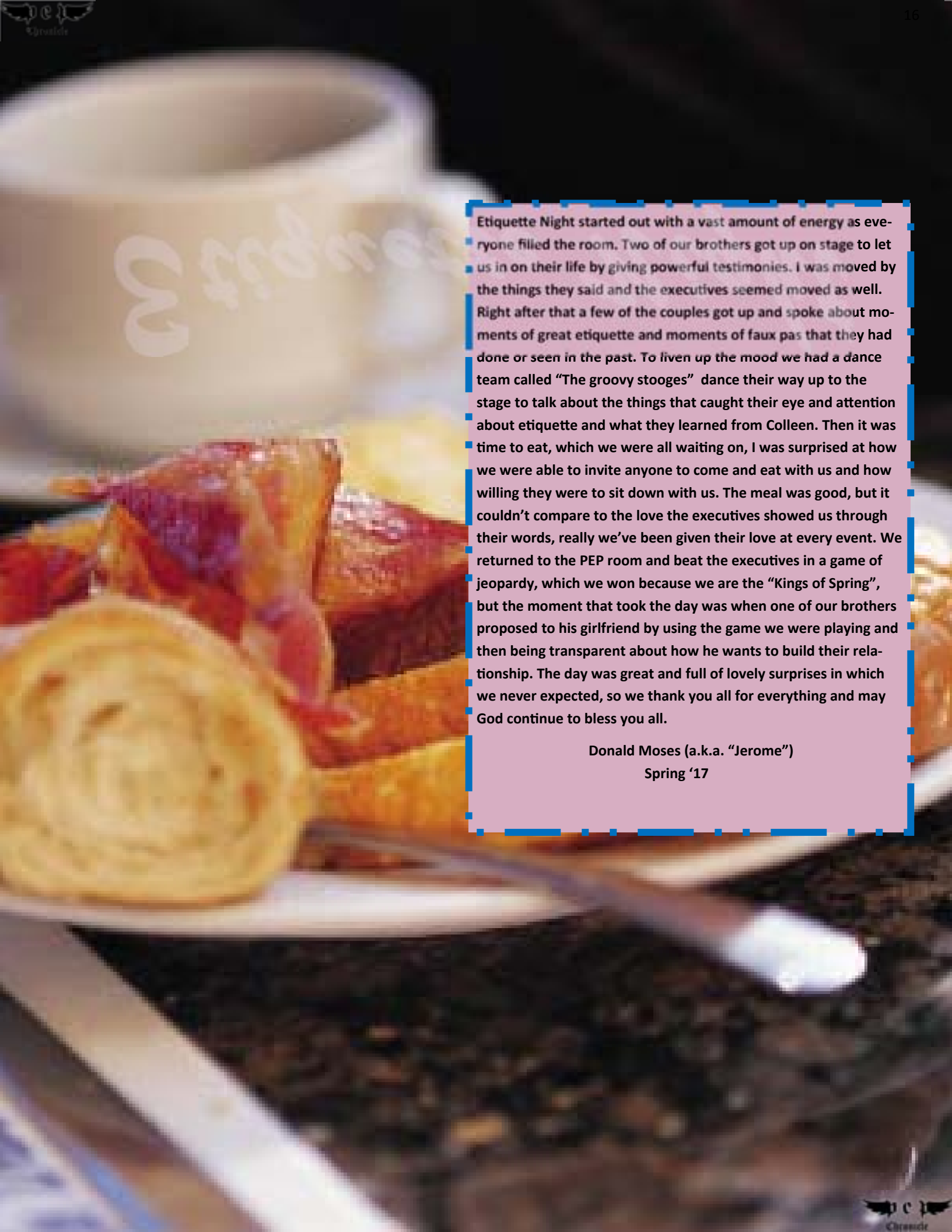
5) Good health saves money! Spend your money on top doctors, good medical insurance, high quality (organic) foods and commit to overall fitness. These all translate to a longer life. Smokers pay more for life insurance, and those with diabetes or heart disease pay more for health insurance. The more you invest in a healthy lifestyle today, the more money you will have in your pocket later. Remember, the number one cause of bankruptcy is medical bills.

7) Just because you can does not mean you should! Do you realize that the most popular vehicle among the affluent is the Ford pickup truck? Wealthy consumers practice frugality, shopping at places like Walmart, Target, Amazon and Sam's Club. They spend sensibly. Mercedes, BMW, Cadillac and Lincoln may be great rides, but they cost substantially more to purchase, operate, maintain and insure. Focus on value and quality instead of appearances or prestige. By purchasing a certified pre-owned vehicle with low mileage, you let someone else experience the initial depreciation in value that every new car suffers. Value your financial independence more than you value your car! Being frugal is not a form of punishment. Rather, it is a positive, common sense approach to life that directly affects your retirement.

6) Spend time (and reasonable cash) on being happy! Wealthy Americans take as many as six vacations per year; they take short trips and fly Economy Class (that part of the plane arrives at the same time as First Class...). It is easy to schedule short getaways to the mountains or the beach, to visit family or old friends, or to simply take your children fishing or camping for the weekend! Such getaways are great stress busters, and leave you mentally refreshed and ready for your return to work.

By: Scott
A.
Neel





Etiquette Night started out with a vast amount of energy as everyone filled the room. Two of our brothers got up on stage to let us in on their life by giving powerful testimonies. I was moved by the things they said and the executives seemed moved as well. Right after that a few of the couples got up and spoke about moments of great etiquette and moments of faux pas that they had done or seen in the past. To liven up the mood we had a dance team called "The groovy stooges" dance their way up to the stage to talk about the things that caught their eye and attention about etiquette and what they learned from Colleen. Then it was time to eat, which we were all waiting on, I was surprised at how we were able to invite anyone to come and eat with us and how willing they were to sit down with us. The meal was good, but it couldn't compare to the love the executives showed us through their words, really we've been given their love at every event. We returned to the PEP room and beat the executives in a game of jeopardy, which we won because we are the "Kings of Spring", but the moment that took the day was when one of our brothers proposed to his girlfriend by using the game we were playing and then being transparent about how he wants to build their relationship. The day was great and full of lovely surprises in which we never expected, so we thank you all for everything and may God continue to bless you all.

Donald Moses (a.k.a. "Jerome")
Spring '17

*DEP
Chronicle*
Dearley Departed



Perspectives

PAGE

We posed a question to the participants and executives—"What is one of your most embarrassing moments?" These are their responses.



I started sweating on a date at the movie theatre in front of my girlfriend and her friends. I mean sweat was dripping down my face as I went in to kiss her.

-Darrell Collins CF '16



During a wedding reception I told a girl that she clearly likes to eat and I guess she took that as I was calling her fat.

-Braden



I was delivering something to George Bush's federal office in Houston and upon looking at a wall of portraits; there was one of an older looking lady and I said to the guy who hired me "Is that George Bush's grandmother?" and the man responded "No, that's Barbara Bush". I was so embarrassed that I didn't say a word the rest of the time I was there.

-Alfonso



In an interview I got too open with my personal life. Although I got the job, I recommend to not open up about your personal life to your employer.

-Sarah



At a job interview I coughed while I was talking, which was followed by something spewing from my nose.

-Brian Woods CF '16



When I was a kid, I did a lot of theatre and I was trying to get a part in a play, so I volunteered to work backstage to get a name for myself. Well, one day during the final rehearsal of the play I had to give something to the director and I walked smooth across stage to give it to them. I didn't mean to interrupt the play and let's just say that I never got a part in any play after that.

-Sabrina



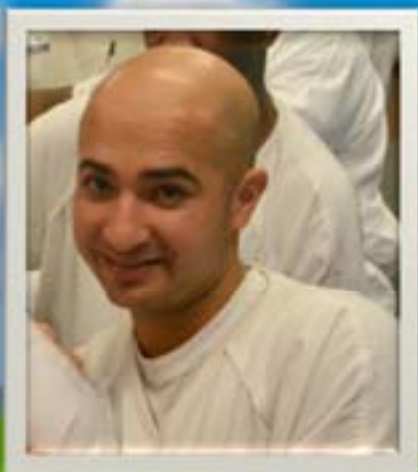
I am very animated and use my hands when I talk, so when I was at dinner with some associates, I was concluding a part of a story and I went to emphasize with my hands and I ended up spilling an entire cup of water on the guy next to me.

-Jenny



I went to eat at a restaurant and I was so picky about what I ate that I didn't eat any buffalo wings.

-Rodney Barfield Class 23



When I presented a bunch of awards to a class, I printed out my name where their names should have been making me the laughing stock of the room.

-Johnathon Shillings Class 22



I was supposed to pray at graduation in an auditorium and I ended up saying the same thing over and over again. It was horrible!

Jermond Thompson CS '17



In the eighth grade I got locked in the bathroom for two hours.

-Xavier Anderson CS '17

Page 0' Pics







POW!!!!!!!

Hey! They did too!



First Time Attendees





FLAZOL



WOLF



Who let the pods out?