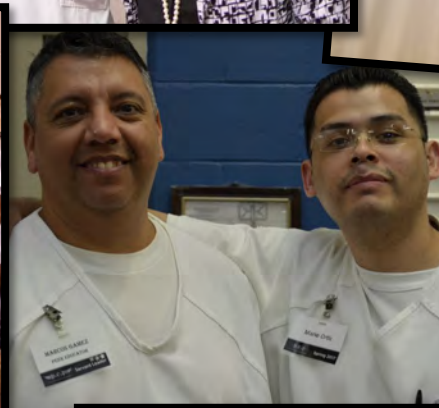




KINGS





Health & WELLNESS

Exercise of the month

The Rx

The **Burpee** is a full body exercise used in strength training and as an aerobic exercise. The basic movement is performed in five steps and known as a "Five-count burpee":

1. Begin in a standing position
2. Drop into a squat position with your hands on the ground. **(count 1)**
3. Kick your feet back, while keeping your arms extended. **(count 2)**
4. Do a single push up **(Count 3)**
5. Immediately return your feet to the squat position. **(Count 4)**
6. Jump up from the squat position. **(Count 5)**

- Trying it out you should attempt to do 10 sets of 5 repetitions with a 30 second rest period between sets if you're a beginner.
- Now for those that are more of an intermediate level; try 10 sets of 8 repetitions with a 30 second rest period between sets.
- And to my cardio junkies, just meet the "Wolfpack" out on the rec yard every evening at 6 p.m. We would love to have you *HOWLS* 😊



JOE'S SPORTS CORNER

The Cleveland Unit is ready for another season of sports. In softball we have eight teams ready to battle it out for the number one spot. Last years Champions lead by our very own PEP brother Mathew Merritt displayed a well disciplined squad. This year we expect nothing less, than we did in prior years. Last week we hosted our yearly softball church event. The church team entered our facility with one thing in mind, to serve him (God). We want to thank those brothers for taking the time off their busy schedules to come share the word of God with us, and to play softball with their brothers in white. The church team left without losing a single game, though there was two close games, in reality God always prevails in the end. We would like to tip our hats off to our brothers for the wonderful time that we had, the brotherhood, and the fellowship, thanks be to God. In other sports news this week is the start of another season of soccer. Our soccer commissioner Josue Rivera has put together six teams who are ready to battle it out for the number one spot. If anyone is interested in signing up for the waiver wire, contact Josue during rec. hours. And last but not least, Michael Galloway's Cross Fit training is in full effect, and with summer just right around the corner shedding those unwanted pounds will not be hard to accomplish. So if losing weight or staying fit was on your new years resolution list but you just been holding off on it, contact Mike and he will get you back on track. Best of all its free of charge. Good luck to all the men who are competing this year.

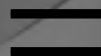
Joe A. (a.k.a. Tabasco)

Name	Runs Scored	Class
1. Cody W.	8	Fall 16
2. Robert Y.	7	Fall 17
3. Ryan Y.	7	Fall 17
4. Guillermo A.	6	Spring 17
5. Jaa'far A.	6	Spring 16

Team records	Coach	class
Team 1/ 3-1	Abraham D.	Fall 17
Team 2/ 3-1	Ryan Y.	Fall 17
Team 3/ 2-2	Thomas W.	Spring 16
Team 4/ 3-2	Marcos A.	Spring 17
Team 5/ 1-4	Reyes G.	
Team 6/ 4-2	Cody W.	Fall 16
Team 7/ 0-6	Jose L.	Fall 16
Team 8/ 4-2	William B.	Spring 16

On Base %	Minimum 10 at Bats	Class
1. Clifford M.	887	Fall 16
2. Robert F.	833	Spring 17
3. Calvin R.	800	Spring 17
4. Guillermo A.	786	Spring 17
5. Ryan Y.	727	Fall 17

Name	RBIs	Class
1. Robert Y.	13	Fall 17
2. Cody W.	7	Fall 16
3. Marcos A.	7	Spring 17
4. Clifford M.	5	Fall 16
5. Bryan H.	5	Spring 17



Hey! They did too!

I GOT
CAUGHT BEING
GOOD
Rachel's Roster

First Time Attendees

Writer's Corner

prison
entrepreneurship

program



prison
entrepreneurship

Anonymous

Dear Chronicle, I am writing to ask a few questions concerning accountability. Why is it when it comes down to holding someone accountable, a lot of people seem to turn the blind eye? I've heard some of the new *guys* just plain outright say cusswords and in some occasions there has been pod coaches and accountability leaders around and they act like they never heard anything, Is this right? Shouldn't someone hold those brothers accountable for not respecting the PEP culture? Anonymous

Dear Anonymous, In regard to your questions, a wise man once said that if your not part of the solution to the problem than you yourself are just as much to blame. What I'm trying to say is that if you hear someone get out of character and leadership is around and they do nothing, well step up to the plate and take matters into your own hands, let the brother know that what you heard is not appropriate for our PEP culture, and do it in the nicest way possible. We cannot read everyone's mind and we do not know if the brother is going through some type of problem and he just acted out out of anger or distress. And to answer the question regarding our leadership turning the blind eye in these situations. Well I have a couple of answers for that, one the leadership probably did not hear the actual remark or just did not want to deal with the situation, is that right , of course not. We all signed up to this program for a better life. Its sad to say that some of our brothers are passive, and some who are just put in the position don't feel comfortable holding someone accountable. So above all lets start to work on ourselves, lets become the men that our loved ones desire us to be. And that all starts with us, holding ourselves accountable even when no one is looking.

Dear Chronicle, I am writing to get a better understanding on how all this first phase has anything to do with the business phase. People have tried to explain this to me but still I see no reason to go trough it, maybe you could unpack this for me a little more. Sincerely, Not getting it (a.k.a. Young grasshopper)

Dear not getting it, You have come to the right place young grasshopper . Well lets just say that in the business world, everyone is pretty much professional. The last thing these business people want to do is do business with someone who is not professional. No offense to anyone but that is the way it is. So what these great people do hear at PEP is try to get us out of that comfort zone we are so use to. They help us transform our old ways, with of course better ways. But don't take that offensive, these new ways will not only help us in the long run, they will also help us in any business aspect we choose. They will also help us in our personal life as well. So we all signed up for this program for a transformation, right. I look at this first phase as a good place to start. It has really helped multiple brothers with their lives, see a lot of us do not know that we have issues dealing with our past that still haunt us to this day, like an absent father wound or overly bonded mother wound. Its not until we hear Robert Lewis say these things that we start to really look at our situation and realize that we have been affected by these type of wounds. So give it a try, and really its not that bad. Our loved ones will see the real you and be proud. Oh, and did I forget to mention that you will be a better authentic man in the end. I hope that helped us understand a little more the purpose of the first phase.

Entrepreneur of the month

Extreme Hydro Blasting

My name is Jason J. proud founder and owner of Extreme Hydro Blasting where no job is to extreme for us to blast clean. Our mission is to bring you solutions, not problems. Extreme Hydro Blasting will be located in Houston, Texas. We will be providing our services throughout Texas, Louisiana and Oklahoma. The services we offer are tank cleaning, top drive cleaning, structure cleaning, site clean up and vacuum services. The customers we target are industrial companies like oil and gas refineries and drilling companies. Extreme Hydro Blasting focuses on making the equipment last longer, looking good to superiors and the public, as well as creating a safe working environment for each customer. We understand and know that this is a competing industry and Extreme Hydro Blasting will Differentiate our company from other competitors by keeping an evolving portfolio of before and after work on each job. We will utilize a cutting edge technology like steam cleaning hot water, ecofriendly chemicals like de-

greaser with a ph.

level of 7 to 7.5 which

is safe to apply to

any surface. Extreme

Hydro Blasting

doesn't claim to be the

best we offer proof!



**Extreme
HydroBLASTING**



The old saying goes that you can tell the true measure of a man by what he does for those that cannot benefit him. It is an amazing feeling when you are able to help those around you prosper. It is beautiful to watch a true servant-leader in action, leading others on a path toward achieving their full potential. Every human being has the power to love and empower those around them, every human being is capable of giving hope to another. Sacrifice and love are just a few of the things that propel a servant-leader onward in the face of adversity. A servant-leader realizes that the challenges of every day life are easily overcome if they keep at the forefront of their mind that they are fighting for a purpose much bigger than themselves.



Servant-Leader

Alfonso has time and time again exhibited Servant-Leader Mentality. Thank you for supporting P.E.P., thank you for being a part of our transformation. Thank you for displaying an awesome amount of dedication and love for all of us. If we know anything about your character Alfonso, we know that those restaurant bandits only motivated you to serve with even more ferocity. By the way we really enjoyed those chicken breast.



Servant-Leader

Volunteer Valor

Dearlly Departed

Brought to you by:



Eduardo V.



Christopher M.



Joseph N.



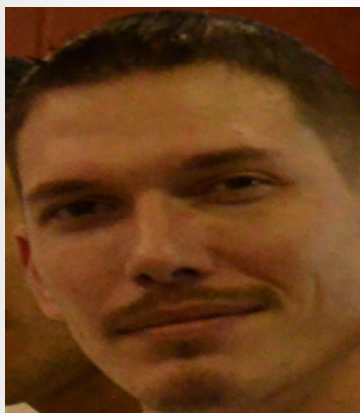
Joshua J.



Marcos G.



Jorge D.



Ricky M.



Madrid R.



Kings of Spring 11

Chronicle



"The ultimate measure of man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

-Martin Luther King Jr.