

Between the wings

Wolfpack Chronicle

"All this will not be finished in the first 100 days. Nor will it be finished in the first 1000 days. Nor even perhaps in our lifetime on this planet. But let us begin."

-John F. Kennedy

Pitch Day!

Lessons from the Wealthy



WOLFPACK
CROSSFIT

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MICHAEL G.
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JOE A.
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James C.
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Brandon G.

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Could be you!

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Al M.

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CONTRIBUTING WRITERS
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Pitch Day Event



From the Editor

I have been incarcerated for over six years and I've been assigned to seven different units all over Texas. I know what it's like to be on some of the toughest units, as well as, the most laid back units and in all of these years I learned about the greatest subject; myself.

It's absolutely impossible to change something, unless you understand the nature of that which you desire to change. For instance, how could I have ever stopped cussing, if I didn't know the real reason as to why I used profanity in the first place. It wasn't until I took the time to reflect on myself, before I found the root cause behind my bad language— I didn't have a broad vocabulary. After figuring that out I was able to come up with a proper solution— learn more words— and I was successful in doing so.

Just like a doctor has to understand every symptom of a problem to properly diagnose a sickness and prescribe the correct medication; we have to use that same tactic with every problem in our own lives.

I challenge everyone to do some personal reflection and analyze the remaining kinks in your life, figure out the most effective solutions to fix them and make a conscious effort every day to correct them until your successful.

I can only speak from personal experience that it works. I would never ask anyone to do something that I couldn't do myself. And if I can do it, then I know that each and every one of you can do it 10 times better than me.

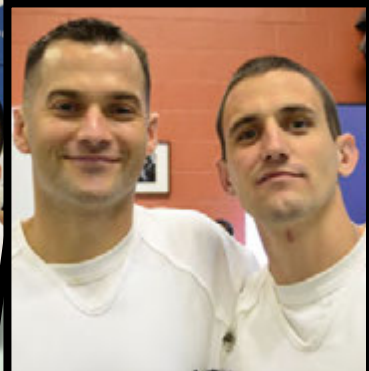
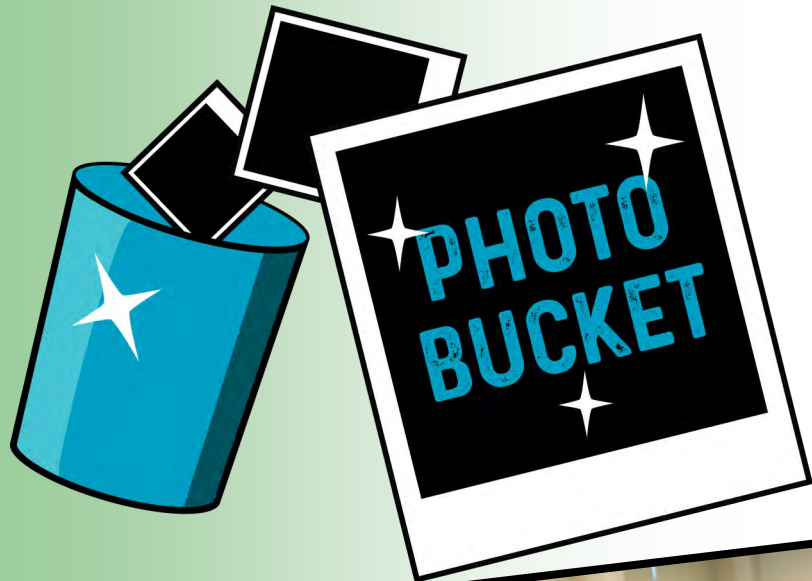
-Michael Galloway
a.k.a.
Baby Simba



This article is brought
to you by:

HDOT









Joe's Sports Corner

<u>Team</u>	<u>Record</u>	<u>Coach</u>	<u>BG</u>	<u>Avg. Base %</u>	<u>Runs</u>		
8	7-2	William B.	-	Clifford M.-850	Ryan Y.- 11		
3	6-2	Thomas W.	1/2	Guillermo A.- 762	Cody W.- 10		
4	6-3	Marcos A.	1-1/2	Travis L.- 750	William E.- 10		
1	5-2	Abraham D.	1-1/2	<u>RBI's</u>	<u>Pitching</u>	<u>W-L</u>	<u>KO's</u>
2	5-3	Ryan Y.	2	Ryan Y.-14	Ezequiel M.	6-2	8
6	4-5	Cody W.	3-1/2	Guillermo A.-12	Abraham D.	5-2	13
7	0-9	Jose L.	7	William E.-12	Joe A.	4-5	10

Soccer Stats

<u>Name</u>	<u>GP</u>	<u>GW</u>	<u>GT</u>	<u>GL</u>	<u>GS</u>	<u>GA</u>	<u>Points</u>
1. Olimpia	7	4	2	1	17	6	14
2. America	6	3	2	1	13	9	11
3. Chivas	7	2	3	2	10	10	9
4. El Cartel	6	1	3	2	5	6	6
5. B.B	8	1	2	5	6	20	5

Top Scorers

Name	Goals	Team	Name	Goals	Team
1.Josue R.	9	Olimpia	4.Juan T.	4	Olimpia
2.Santiago M.	6	America	5. Angel C.	3	El Cartel
3.Yuniel S.	4	Chivas	6. Alejandro C.	3	America

This Cleveland Unit Sports report has been brought you by your boy Joe A. a.k.a. Tabasco, because one drop of me, is all you need! I want to thank all the athletes who are participating this year. May the best team win, but lets not forget to have fun also. God Bless!



Lessons from the Wealthy

Recap

1. *If you want more money, go to work!*
2. *Be prepared for retirement!*
3. *It pays to own, not rent!*
4. *Invest in your children!*
5. *Good health saves money!*
6. *Spend time (and reasonable cash) on being happy!*
7. *Just because you can does not mean you should!*

8. **Do not neglect estate planning!** Adequately provide for your family with life insurance and a proper estate plan. Avoid costly guardianships through the use of trusts for your children and grandchildren. Review your estate plan every two to three years, or more frequently if your family experiences a life-changing event such as a birth, adoption, marriage, divorce or a death, or a change in financial status (a windfall or a bankruptcy). You should also revise your plan if an executor or beneficiary should die or if there is a change in the tax laws.

9. **Keep no secrets from your spouse!** Both spouses should have involvement in financial decisions for the family. Both must know the extent of assets, where the assets are located and which professionals have been involved (attorney, accountant, financial planner, investment advisor, insurance agents and personal banker). An informed spouse is a happy spouse!

10. **Be generous!** Ryan Mack suggests we give away at least 10% of our income. Through our regular giving we can shape the direction and focus of organizations that impact our communities.



Nancy W. And Scott N.

In addition to money, it is extremely important to give of our **time**. Become a little league coach, Sunday school teacher, scout leader, tutor or a mentor, and you will positively impact the lives of the young people in our community today. Consider volunteering for programs such as Meals on Wheels, Habitat for Humanity, Big Brothers/Big Sisters or the local food bank, showing others they are not forgotten. Most importantly, involve your children in your giving (and your volunteering), showing them the impact **they** can have in the community during their lifetimes. Even the smallest acts of generosity can make the giver feel richer in spirit!

11. **Build and maintain good credit!** Your FICO score determines many things: the interest rate you pay on credit cards, whether or not you qualify for a mortgage (or an apartment lease), impacts automobile insurance costs, and may be the deciding factor in denying you a job. Some 75% of credit reports contain errors; check your credit report annually and dispute any errors found. Five elements determine your credit score: 35% comes from your record of paying on time, 30% is affected by the total amount owed compared to available credit (debt to credit limit ratio), 15% is determined by length of credit history, 10% is affected by new accounts (including inquiries) and recent loans, with the remaining 10% being based on the mix of credit cards and loans (short-term and long-term debt).



12. **Reduce your spending (and invest!)** Look for ways you can reduce spending. Learn to differentiate between **wants** and **needs**. There is no shame in shopping with coupons for items you regularly buy, or in taking your lunch to work. Every dollar saved today means a better (and possibly earlier) retirement. Remember Ryan Mack's example of saving \$5 per day (the cost of coffee at Starbucks) for 40 years and invested at 12% yielding over \$1.7 million—retirement sounds

much more enjoyable than a cup of coffee every day! The key is **discipline** in investing what you are able save each day.

WALL POSTS



When it comes to transformation and growth, some people talk about changing, while others actually show it. Real transformation happens within and it shows in the most subtle of ways, for it's not always obvious.

While in private and public conversations, Johnny B. has spoken of the need for change and accountability. Speaking about it, that's the easy part. But for me, he showed it. From the first time I

moved to Monster Pod, until I moved to F-Pod, he changed radically. Gone were the desires to live a penitentiary life. When I asked him about his change, he simply replied, "It's just not worth it."

This is coming from a man who is not going to the PEP Transition House and who discharges this year; man who wants to graduate for his own personal reasons.

I recall speaking to Bryan Brock, J.B.'s old cellie, and asking, "Him when does J.B. study?" He really couldn't say when. After failing two or three of the initial six test, J.B. said he refused to do any more homework, and he hasn't. People that know him from under the sports T.V., just see him as someone who caps, high sides and roasts all day long. But J.B. I'm going to expose you to the world, you like to do crossword puzzles while listening to pop music!



Rodney B.
a.k.a.
"Wendy Williams"

Affirmation

Empowering



I'd like to give a shout out to Valentin Trejo.

Since arriving he has actively forced himself into situations that has produced growth even at times when it's uncomfortable. Your effort is commendable and your transformation is evident. Keep up the great work Bro.

-Johnathon S.
a.k.a.

"Little Caesars"



We live in a culture that looks for any excuse to give up when faced with adversity. In this environment we strive to rise above the norm and put excuses behind us and I believe that no one exemplifies "rising above" more than Bryan Stout. After returning from a bench warrant that kept him away for over a month, Bryan was faced with the task of taking 12 tests in only a 2-3 week time period. He never once complained, he fervently studied and fought to catch up while continuing to keep pace with the current assignments, tests and activities.

I am extremely proud of Bryan for his display of excellence and execution. His initiative and drive, along with inquisitive spirit to learn and grow shows me that Bryan will not settle for just getting by. He strives to excel and encourages his PEP brothers to join him, I have no doubts that Bryan has a bright and successful future ahead of him.

Love



Brandon G.
a.k.a.
"Swagger Wagon"

Health & WELLNESS

The Rx

The "Dolores"

Complete the entire circuit for time (non-stop). If you can finish in under 21 minutes, then you're in great condition.

1. A 3 lap run
2. 5 Mega-mans
3. A 2 lap run
4. 10 Mega-mans
5. A 1 lap run
6. 15 Mega-mans
7. A 1/2 lap run
8. 20 Mega-mans

Exercise of the month

The Mega-man

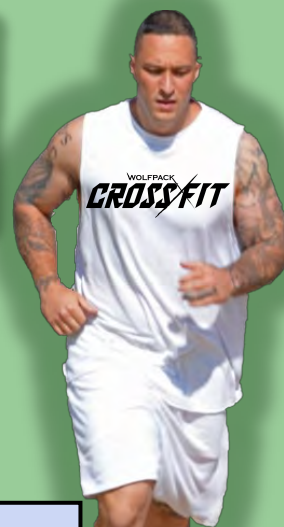
The Mega-man is an evil cousin of the burpee. It was designed to torture those who deem themselves in shape. Proceed with caution!

1. Begin in a standing position in front of a pull up bar.
2. Drop into a squat position with your hands on the ground.
3. Kick your feet back, while keeping your arms extended.
4. Do a single push up.
5. Immediately return your feet to the squat position.
6. Jump up from the squat position and grab the bar with an overhand grip.
7. Do a pull up and jump down.





Track & Field competition



On May 13-14 the anticipation was high on the Cleveland unit. We had our annual track & field competition. There was a massive turn out from all over the unit and not only to compete, but many came just to spectate and chant on their favorite participants. It was to no surprise that PEP's own "Wolf Pack" had been weighed, measured and found wanted by rivals. Everyone wanted to compete against the wolves and put them to shame. However, the wolf pack showed up and showed out. They were the epitome of unity, brotherhood and camaraderie throughout the entire competition.

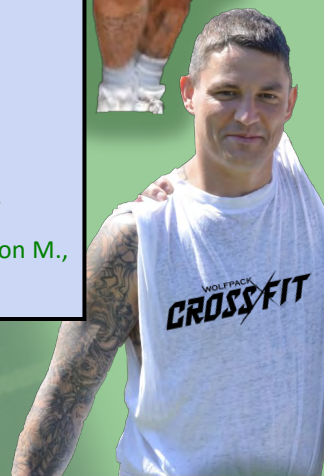
The wolf pack won 7 out of the 11 events, but what made their performance so extravagant was not from the wolves who were competing, but the wolves who were not competing that were along the sidelines, running beside their brothers encouraging and giving them assurance that they were not alone. The recreation yard was a symphony of howls with every victory.

I can confidently say that the wolf pack has earned their keep on the Cleveland unit from guards and peers alike. It goes to show that proper preparation prevents poor performance and that PEP is making a tremendous impact on everyone. Way to live between the wings wolves! *howl*

Michael G.
a.k.a.
Baby Simba

Relays

<u>Event</u>	<u>Winners</u>
4x4	Steven M., Michael G., Michael V., Daniel B.
3x1	Jonas L., Travis L., Terry B.
4x2	Arturo R., Gene S., Kameron M., Julian R.



Individual Events

<u>Event</u>	<u>Winners</u>
40 yd. dash	Michael G.
100 yd. dash	Travis L.
200 yd. dash	Arturo R.
400 yd. dash	
1 Mile	Steven M.
Softball Toss	Robert Y.
High Jump	
Long Jump	Travis L.





Executive of the month

This month's executive is no stranger to us here at the Cleveland Unit. He devotes his spare time by coming out here to share his knowledge, wisdom, but most of all to display his love for our program. Guillermo M. is a strong pillar in our community, he believes that people deserve a second chance. Not only does he donate his time here with us giving advice on our business plans, but he also host dinner parties at our transitional homes in the greater Houston area. Guillermo was born in Mexico city, after graduating high school he attended Tech de Monterrey, in the great state of Nuevo Leon. He came to the U.S to find a better opportunity for



himself. Guillermo is married to an to us Maria M. They have three spare time to us here at PEP as dentials speak for themselves, he is and is also partnered up with his

wife's business helping to develop better leaders and accelerated leadership. We tip our hat off to our brother Guillermo for all the hard work that he displays towards our organization and for all the wisdom that he shares with us. When asked why he returns month after month, his response was this, "PEP works and I see the results in here and out there, but most of all watching you guys grow, helps my growth as well." We would like thank you Guillermo for all the support you display towards PEP, but above all we want to thank for believing in us. People like yourself make a big impact in our lives, and that is something that we will always treasure in our hearts. We love you brother. May God bless you and your entire family.

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