

Rachel's ROSTER

Unsung Hero?

The men behind these walls who labor, strive and sacrifice their life to testify that there is hope in the name of Jesus! Who are bold and unwavering in the proclamation of truth! This goes out to those who are called, chosen and redeemed;

Christians!

Last Laugh?

Michael G. (Baby Simba) told me this joke, "Two peanuts walk down a dark alley and one gets assalted!" HAHA. Get it? Assalted!

Biggest Priority since Graduating?

Investing time and giving back to our upcoming classes (Fall '17) and Spring '18. "Passing the baton".

What does "Brotherhood Mean to you?"

People who belong, a body, a family, the gathering of the elect, those that been called out and united as one. It is alive! An organism, organized to function in unity and diversity with one common goal seeing servant-leaders lead to see others succeed! SEE OTHERS SUCCEED, SEE OTHERS SUCCEED, SEE OTHERS SUCCEED!

Servant-Leader Of the Month

Saul R.

(AKA "Count Dracula")



I'm sure our brother Cameron needs no introduction—his presence is a constant figure here at PEP (Cleveland unit), but as we had the chance to catch up with our “Executive of the month”, we learned that our brother has many layers that may come as a surprise. Growing up in Houston with four siblings (two brothers & two sisters), he stayed active in sports that included baseball, football, golf and as if that wasn't hard enough—he started to rock climb! His path led him to Texas A & M where he earned an BBA (Finance), but what is really surprising; He once got rid of most of his personal belongings and bought a one-way ticket to India! He spent one year in India, Nepal, Southeast Asia and over 200 days in a meditation retreat—lessons from the Dalai Lama! Introduced to PEP by Monte, he saw real value from what he heard about. “I was curious to see how PEP did it. I guess I initially chose PEP selfishly, to pick up some transformation tools for myself—but got so much more!” Most of us have had the honor to meet and talk with Cameron, if it's during Leadership Academy, or his Yoga sessions that he host just for us, but I finally got to ask him a question that we constantly wonder when we see him; Why do you keep coming back? “I've made friends here, that I love and want to see on a regular basis. I itch to comeback every time I leave. My PEP brothers growth, success and happiness inspires me to be more positive and optimistic about life and my own future. They make me happy.” Any final thoughts for us? “The way you guys are able to harness your potential and remain positive given your setbacks and past traumatic history is truly inspiring. With the obstacles y'all are able to overcome on a daily basis and with all the internal work you lean into whole-heartedly. Continue to impact the world around you and eventually change the World. Love you guys!”

We love you too!

Bryan Gene A. “Roly-Poly”



Executive of the Month

Entrepreneur of the Month

My name is Adrian T., I was born in Dumas, Texas, and I am the proud owner and founder of Adrian's Custom Wood Works. Here at Adrian's Custom Wood Works we specialize in customizing furniture, cabinets, and counter tops. Our top of the line woods like oak, birch, mahogany, and cypress can make any piece of furniture you desire look like a masterpiece, of course the six years of experience that we bring to this business is a big contributor in making your dreams a reality. Here at Adrian's Custom Wood Works, we also specialize in repairing, refurbishing, and replicating furniture. Our top of the line custom finishes give our products the look that you desire, from a stencil finish, speckled finish, to our very own stain, sealed and topped off with a wood wax that is breathtaking. We take pride in all of our work, and we take all of our customers seriously, that's why we always guarantee any work we perform, by providing extensive warranty programs. Growing up as a child, I always took interest in getting involved with helping my father with house projects. Later on in life I took the initiative to learn all that was needed to know on how to build furniture. Bringing a piece of wood to life by making something out of it has always been my passion. I plan to get out of prison and work hard to make my dream become a reality.

**Adrian T.
(a.k.a. Nacho)**



TOLBERT GREEN



a.k.a. Leprechaun

Rookie of the Month

What's your favorite movie?

My favorite movie is Gone in 60 Seconds because I like fast cars and Angelina Jolie.

What's your favorite band?

The Weekend

What's favorite snack?

A nice cone, double scoop of vanilla with a lot of nuts.

What's your sweet name and describe to me how you own it?

It's Leprechaun. I own it by saying *"Don't you see me Buckles, don't you see me hat, don't know a Leprechaun when you see one? Now where's me gold?"* (in an Irish accent like a leprechaun)



My family and friends laugh at me for...

Trying to sing and dance. I totally cannot sing or dance.

What's the best moment you've had in PEP?

Well for me, the best has to be the Kick Off for Leadership Academy.

Why?

It was inspiring and it made me feel important. I actually mean something to somebody other than my family.

Name a few PEP brothers who have been a positive influence throughout your journey in PEP?

I have to say my best friend Rodney Barfield, my good pal Nathan Hogan and Alexius Tavo.

Any words of encouragement for you and your classmates?

"We are a band of brothers and we will persevere."



PERSPECTIVES...

Tom Hanks...



*Clarence E.
(a.k.a. Teen Wolf)*



**DENZEL
WASHINGTON**
Jonathan



AL PACINO...

ALFREDO E.
(A.K.A. SWEET
COMB OVER)

MOTHER THERESA



**ERIKA
-EXECUTIVE**

Russell Crow

Timothy D.
(a.k.a. Ren)



Al Pacino..



Andres M.
(a.k.a.
Sweet
Empanada)

Angelina Jolie...

**Michael W.
(a.k.a.
Sweet
Tootsie
Roll)**



Denzel....



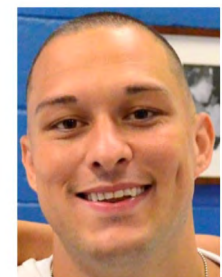
Terry B.
(a.k.a.
Shar Pei)

**Will Farrell/
Amy Schumer...**



**Valentin T.
(a.k.a.
Toaster
Strudel)**

Mark Wahlberg.
Julian R.



(a.k.a.
Buzz
Lightyear)



Adam Sandler...



*Warren R.
(a.k.a.
Baby
Buzzard)*

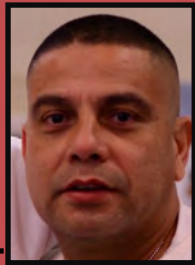
Dewayne Johnson



Ho-Chang T.
(a.k.a.
Sweet & Sour)

WHO'S YOUR FAVORITE ACTOR/ACTRESS

Al Pacino...



Jorge C.
(a.k.a.
Snappy
Turtle)

Pinky...



Zacheric P.
(a.k.a. *Umpa*

Leonardo DiCaprio...



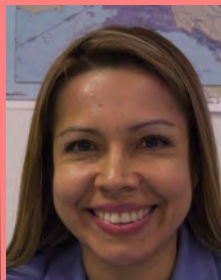
(a.k.a.
PEP Bus
Driver)

Meghan Good...

Torrence T.
(a.k.a.
Beyoncé)



Anthony Hopkins...



Claudia



Mathew McConaughey...



Joseph J.
(a.k.a.
Yellow
M&M)

Rashida Jones..

Brandon G.



(a. k. a.
Swagger

Kiera Knightly...
Christopher V.

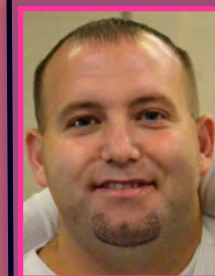


(a.k.a.



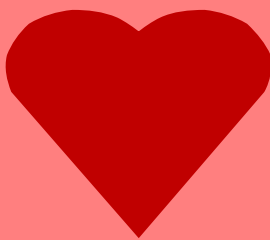
NICHOLAS CAGE..

DEVADA F.
(A.K.A.
PORKY
PIG)

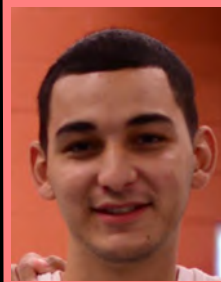


Merrill Streep...

Patricia-Executive

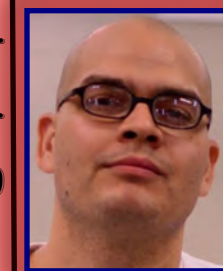


LEONARDO
DICAPRIO



EMMANUEL M.
(A.K.A.
TINKER BELL)

Denzel Washington..
Alexander Z.



(a.k.a. *Sweet*
Chicken Little)

Writer's Corner

Dear Cherry Dr. Pepper,

I just graduated and I'm so glad it's over. I'm so proud of myself for all the hard work I put into the program. Now that class is over, I'm ready to take it easy and relax. We just had a job fair for PEP and I don't feel like applying for a job or doing anything else on the unit either. Truthfully, I kind of feel a little guilty for not wanting to do anything. But I just graduated and I think I should get a vacation or a little break or something. What do you think? Can you give me some advice Cherry Dr. Pepper?

Dear Newly Graduate,

First and foremost, I would like to say congratulations! There's no greater feeling than finishing a race and winning. After all the work you put into BPC, I can understand how you feel. All the studying, the testing and the outrageous amounts of homework you had to do, I would definitely want a break. So what I would say to you is take a break. But not for long. What you don't want to do is to get complacent. You don't want to be satisfied with what you've done right now. The accomplishments you achieved today should not be the greatest achievement in life. There's more important things in life like family, friends, faith and love. What you should do is work on how you can be better yourself as a husband, a father, a brother, a son, an employee, a citizen, a member of your church or someday a business owner. Whatever your plans are when you get out is what you should be preparing for when you return to the world. Our goal is to not return to prison ever again. To be law abiding citizens and having the ability to live a positive life for ourselves, our families and our community is what's important.

My advice to you is to keep moving forward. Now that you have reached the finish line for this first race, start another race. Start working on something that you want to improve on or want to achieve in the near future. For example, If you want to drive commercial trucks when you get out,

you don't have to wait until you get out to start studying for the test. You can go to the unit library and check out CDL handbook for the rules and guidelines you need to know for driving commercial trucks. As well as going to your PEP library to find extra information and various resources for acquiring a commercial driver's license. On another note, you could go to the law library and find out ways to see if you have any surcharges pending and ways to get your surcharges resolved. These little things can be issues you can take care of now so you don't have to get out and spend months trying to attain when you could have done this in prison. Like the 5 p's says, proper preparation prevents poor performance.

Whatever you want to do, work on that. Whether it's working out, strengthening your faith, managing your anger better, extending your education or restoring family relationships. There are resources available to help you in any one of these areas. For instance, I think I'm a better man now than I was when I first came to prison. All the things I've done to better myself I've told my family about. And in my eyes, I think I'm a pretty good person. But what does my family think of me? What is everyone else's perspective of me? Ask them and if it's anything negative, that's the blind spots I'm acknowledging and taking the time to work on and improve on. My goal is to have the perspective my family and friends think about me match up with the perspective I have about myself. That's what I'm working on now. Often times you'll hear people say "it's who you know that counts." That's not so true. The real saying is this, "It's not who you know that counts; it's who knows you and what they think of you that counts."

Keep pushing Newly Graduate. Reach for the stars. There is a great reward waiting for you in whatever you try to achieve.

-Cherry Dr. Pepper

Guess Who Trivia???

This actor played football for the University of Miami, where he won a national championship. He's attained a degree for criminology. But his professional football career didn't go well, so he joined the family business and became a professional wrestler. He became the champion of the world 8 times and he's written books that have made the New York Times Best Seller list. He's also starred in several films that were hits like the Scorpion King and The Fast and the Furious. But the biggest achievement he is known for is being the people's champ. But in the year of 2020, he might be known as the people's president because he has announced his candidacy for the President of the United States. Who is this?

HE IS CALLED THE "KING OF POP." HE STARTED HIS MUSIC CAREER AS A CHILD AND WAS ALREADY FAMOUS BEFORE HE HIT PUBERTY. HIS MUSIC VIDEOS IS PARTIALLY THE REASON WHY MTV IS SO SUCCESSFUL TODAY. HE ALSO HAD THE FIRST ALBUM EVER HAD TO HAVE 5 NUMBER ONE SINGLES IN THE BILLBOARD HOT 100. HE IS ALSO KNOWN FOR HIS DANCING SKILLS IN DOING THE ROBOT AND THE MOONWALK. HE IS STILL THE MOST SUCCESSFUL ENTERTAINER IN THE GUINNESS WORLD RECORDS. HE DIED A FEW YEARS AGO DUE TO AN OVERDOSE OF MEDICATION AFTER HIS BODY WENT INTO CARDIAC ARREST. BUT EVEN AS A DEAD CELEBRITY HE'S EARNED OVER \$825 MILLION IN 2016. WHO'S THIS RICH DEAD MAN?

This entrepreneur is a well known motivational speaker known for his popular radio show. He became very successful early in life in the real estate business but hit a major speed bump when he had to file for bankruptcy in the late 80's. After recovering from this financial crisis he began tutoring couples at his church on how to stay debt free and have financial liberty. After his passion for financial success in the 90's he wrote a book that became very popular called Financial Peace. He then started his radio career where today is a hit among Americans with over 12 million listeners weekly. Who is this famous radio show Host?

Health & WELLNESS

As the Health & Wellness instructor, I can never emphasize enough on how imperative it is to have a balanced life. Otherwise, you'll always be in conflict with yourself and never at peace. Remember that peace is not the absence of storms; it's how you respond when surrounded by them. Here's a few tips on how to improve your health in three areas of your life:

MENTAL

The day that a person decides to stop learning is the day they stop growing and on the same token, if you don't use your smarts; you'll lose them.

In prison all we have is time, and time is our MOST priceless asset, so why not use it wisely. Take a few moments out of your day to learn some new informational facts, write them down, then share them with another, because we retain 90% of information that we teach.

Spiritual

We strengthen our own spirits, by replenishing the spirits of others. A lot of people don't truly understand how powerful words can be. Did you know that a simple "hello" to someone that's on the verge of committing suicide could be the determining factor of whether they live or die? Some people just want to be acknowledged of their existence. So make an effort to do just that and even a step further by greeting three people you don't know with a smile. Especially, those that are wearing frowns. Anger and negativity are very contagious, but so is laughter and happiness.

Physical

Hydration is key to physical health. The majority of our body-weight is water, so if we lacking in our daily dose of H₂O, then it leaves room for problems to arise. The average adult loses about 10 cups of water daily through perspiration, urination, bowel movements and breathing. In addition, if you're not even drinking 10 cups a day, your output is greater than your input, which means you're definitely suffering from dehydration. Now that's not even counting if you're physically active every day either. So make a conscious effort to drink two cups of water when you wake up, two cups at every chow and two cups in the evening for starters. You'll feel a major difference in your daily performance within the first week.



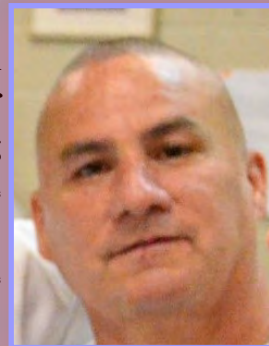
WOLFPACK
CROSSFIT



Joe's Sports Corner

The Spring softball season is over and the championship games have been played. It was a long hot season that included a lot of excitement as well as frustrations and upsets. But most importantly, fun was had by all. Have you ever watched a game or seen a movie where there was someone in the background that deserves an honorable mention? Maybe they did not win the championship or were the hero of the movie, but the efforts were definitely note worthy. It is in this aspect that I would like to congratulate team #7 for their attitude of “never giving up.” Even though they were tied for last place at the end of the season, they started on a winning streak that took them past one of the top teams and well into the tournament. Thy did not win the championship, but their love for the game kept them in the race. Their winning streak was so good that people talked about it all the way to “Rhode Island.” The coach of team #7 was our very own Jose L., after every game regardless of a win or loss, Jose was always there to encourage and uplift us. His attitude was definitely an inspiration, even when our antes on the field caused us to be dubbed the “Bad News Bears.” Team #7 or better known as the “Bad News Bears” may have not won the championship, but in

recognition of their fighting spirit, they are all winners. Hats off to the Bad News Bears!



Steven J.

(a.k.a. Volcano)

Our summer league softball season has come to an end, and the teams that played this year did an awesome job. We at PEP would like to tip our hats to the athletes that demonstrated leadership and discipline. We look forward to seeing you guys in the fall. Best of luck to you all.

Joe A.

(a.k.a. Tabasco)

RBI's	#
William E.	38
Cody W.	30
Thomas W.	30

Home Run King
William E.

Best
Joe A.

Runs	#
Ryan Y.	27
Michael V.	24
Jared S.	22

Dymek Award
Victor F.

On Base	%
Timothy D.	720
Clifford M.	692
Ryan Y.	684

League
Team # 3

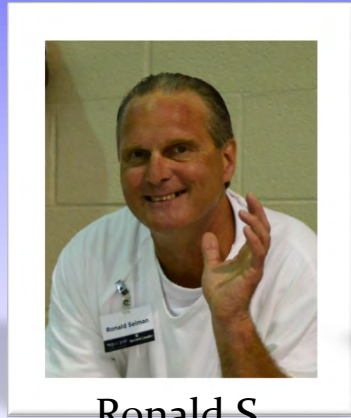
Most improved	Playoff MVP
Clifford M.	Bryan W.

Strongest Playoff Bat
Most Improved

Adios Amigos!



Ezequiel M.
a.k.a. Rakishi



Ronald S.
a.k.a. Ace
Ventura



Xavier A. a.k.a.
Chocolate Drizzle



Jonathan R.
a.k.a. Chunky
Monkey

"Fly and make it high before you cry and make
your problems smile. Your attitude towards your
challenges is the key to your happiness."

-Bizanani Hadebe

Live Life.

Live Life.



Michael M.
a.k.a. M and M



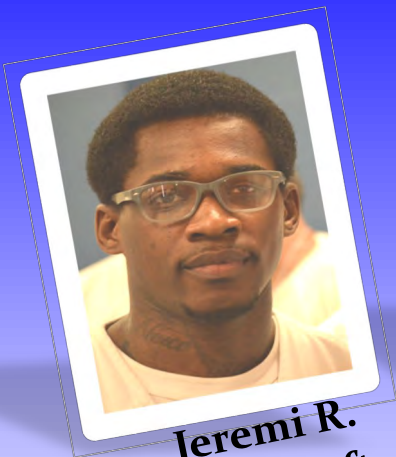
Aston N. a.k.a.
Mississippi
Mud Slide



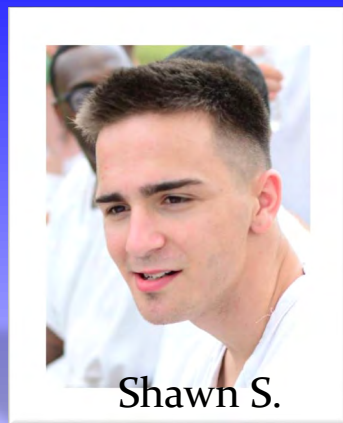
Hubert R.
a.k.a. Elvis



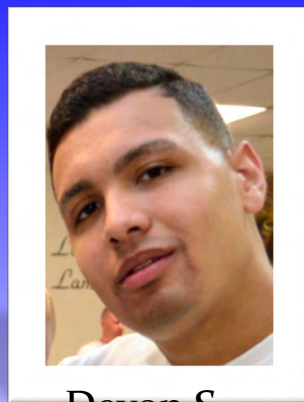
Jay S. a.k.a.
Water Boy



Jeremi R.
a.k.a. Left
Eye



Shawn S.
a.k.a. Justin
Bieber



Devon S.
a.k.a. Splenda



Joshua M. a.k.a.
Mater

Live Life.

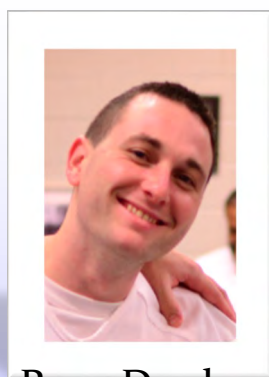
“Act as if what you do makes a difference,
because it does.”

-William James

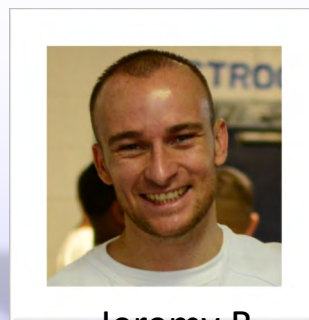
Live Life.



Tyler P. a.k.a. Vanilla
Cappacino



Ryan D. a.k.a.
Sponge Bob



Jeremy B.
a.k.a. Mr.
Burns



Gregory C.
a.k.a. J.J. from
Goodtimes

See Y'all Later!

"Dog days of Summer"

