

# PEP Rookie of the Month

## TERRENCE S. A.K.A. CHERRY BLOSSOM

Welcome to the Prison Entrepreneurship Program Terrence. You've been selected as a participant who illustrates and lives by the 10 driving values on a daily basis. We just wanted to give you some acknowledgement and ask you a few questions about yourself so we and everyone else could know a few things about yourself.



What's your favorite thing to eat? Fried Chicken.

What's your favorite movie? BraveHeart

What's your favorite book that you could read over and over again? The Golden Son by Pierce Brown. I like to read fantasy and it's by far one of the best fantasy novels I've ever read.

Why did you come to PEP? I came to PEP because I was looking for a network of support to help me with my transition back into society after being incarcerated for 28 years.

What or who is your biggest influence to continue and finish the program and graduate? Well first is my parents and second would have to be Meme. I just want to make my parents proud for always being there and I want to prove Meme right for having faith in me.

What has given you the biggest laugh here at PEP? The sweet names. Receiving them and giving them in Leadership Academy. The sweet name that gave me the biggest laugh though was "Broke Down Old Smokey."

Do you have any words of encouragement you would like to say to your classmates? Yes, if it doesn't defy the Laws of Nature that God has established for man, it is indeed possible.





# Memory Lane

Growing up in Lubbock, Texas, baseball was everything to me. something about being on the mound and being able to control the game; having a mental battle staring down the pitcher—calling off my catcher so I can throw my favorite high inside fastball for strike three. These were my greatest moments, but one in particular that will forever live with me is a conversation with my Mother, after a season when I was 13 years old; My Mom told me for every homerun I hit next season, she would pay me \$50! Knowing I only hit one the previous season, I still accepted the challenge. On the side of our house was an acorn tree and everyday for three to four hours a day , I would toss up one acorn at a time and imagine hitting the baseball out of the park. I would then have my younger brother throw them to me and I would practice my swing, easily smashing the acorn to pieces. My coach had a local college student teach us mechanics on our throws and swings for about three sessions, where I corrected my stance. The new season finally rolled around . . . I smashed 13 homeruns like little acorns in about a 10 game stretch! My Mom was astonished, proud and worried all at the same time! I hit that challenge “out of the park”!

-Julian R. (AKA “Buzz Lightyear”)



# Joe's Sports Corner

This years NFL season is well on its way, with 32 teams fighting to be this years Super Bowl champs, it should be very interesting to see who winds up in the top spot. Last years Champs, the New England Patriots will be looking to repeat what they accomplished last year, in one of the best comebacks that we have watched in a long time. My boy Aaron Rodgers will also have a say in what the playoff scenario will look like. Last year with a depleted team, he took his team to the NFC championship, this year the Pack will be revitalized and hungry for another run at the title. The Cowboys are going through some off season problems with some of their players getting arrested, starting with their ace back Ezekiel Elliott. The team will miss him if he has to miss some games due to suspension. The Texans are hoping that their star QB will not be a bust like the one they had last year, due to respect to the team, we will not mention his name. On a much happier note their star end is back and ready to get the defense back on track, we all missed JJ Watt, even if you are not a Texans fan you got to give that beast his respect. The Raiders are looking forward to a better season, last year their playoff run ended short due to the fact that their star QB was out with a broken leg. This year they are betting all their chips, and are hoping that Derek Carr can take them to the playoffs and maybe beyond. In other sports news, the Cleveland unit fall softball league will be getting started as soon as monsoon season is over. We look forward to a good short season and may the best team win, also the Health and Wellness class is up and in full effect, for those of you who would like to join the next class, registration will be in September.

Joe A.

( a.k.a. Tabasco)



We have been really blessed with this Health and Wellness class. The guys go out on a daily basis and give it their all. Sometimes it gets tough, but you just fight through it and live to exercise another day. The results are starting to be noticeable. This class is designed to fit everyone's needs, from beginners to the experts, best believe if you go out and give your all, you will see and feel the difference. At first I was a little skeptical about the whole thing ,and then I started seeing the brotherhood that comes with it, the guys helping out one another when they see their fellow peer wanting to quit or give up. That alone motivated me to push myself even when my body wanted to give up, I keep pushing through. We are also treated every Friday to yoga, that helps us to understand the meaning of meditation. We are truly blessed to have someone like Cameron come donate his time , teaching us the importance of yoga. Thanks Cameron we love you brother!

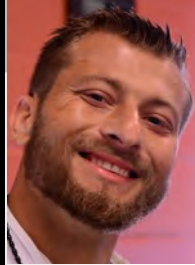
# Perspectives

Blueberries...



**Alvaro J.**  
( a.k.a. Power  
Ranger #4)

Rainbow Airheads...



**Ryan Y.**  
(a.k.a. Back Street  
Boys)

*Lemon Cake...*



*Terrence S.*  
(a.k.a. *Cherry  
Blossom*)

**Cheese Doritos**



**Tolbert G.**  
(a.k.a.  
**Leprechaun**)

**Kit Kat Bar...**



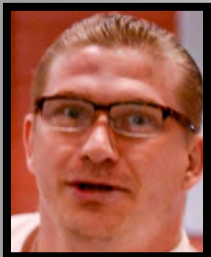
**Nathan R.**  
(a.k.a.  
**Bubble Gum**)

Dark Chocolate...



Robert  
-Executive

Cheez Its...



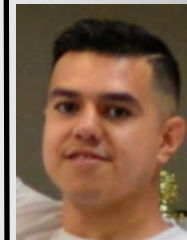
**Francis C.**  
(a.k.a.  
Munchkin #2)

CHIPS AHOY...



TYRIE J.  
(A.K.A. BAD  
AND BOUGIE)

**Hot Fries...**



**Julio M.**  
(a.k.a. **Ginger-  
bread Man**)

**Gushers...**



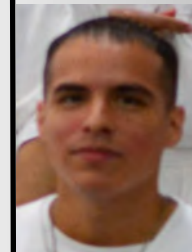
**Ramien H.**  
(a.k.a. **Cinnamon  
Roll**)

**Starburst...**



**Reymundo I.**  
(a.k.a. **Hot Tamale**)

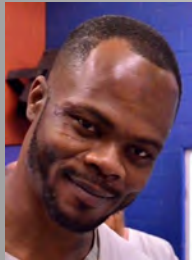
**Donuts...**



**Steven M.**  
(a.k.a. **Snooky**)

# WHATS YOUR FAVORITE SNACK?

**Energy Mix...**



**Eric R.**  
(a.k.a. Tender  
Roney)

**Snickers...**



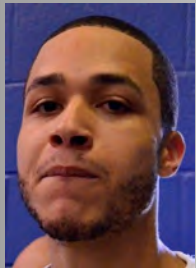
**Francisco G.**  
(a.k.a. Cinnamon  
Spice)

**Sunflower Seeds...**



**Alexius T.**  
( a.k.a. Cherry  
D.R Pepper)

**Oreos . . .**



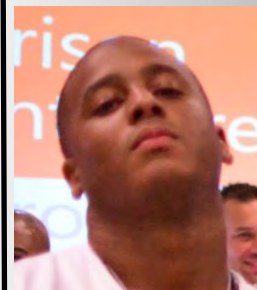
**Glenn P.**  
(a.k.a.  
Olive Oil)

**Pastrami Chili Cheese Fries  
With Blue Cheese...**



**Antonio R.**  
(a.k.a. Honey  
Graham)

**Sour Patch Kids...**



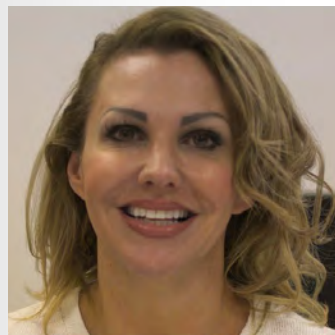
**Tony R.**  
(a.k.a.  
Raspiusha)

**Ice Cream...**



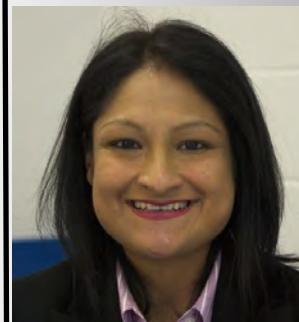
**Barbara A.**  
-Executive

***Parsnip Chips...***



***Jessica***  
-Executive

**P.B.J Sandwich...**



**Roseanne**  
-Executive

**PIZZA ROLLS...**



**WESLEY H.**  
(BABY  
SPICE)

**Doritos...**



**Justin**  
- Executive

***Peanut Butter***



***Gene S.***  
(a.k.a. *Lady*  
*Bug*)

# Health & WELLNESS

During Leadership Academy we talk about the importance of branding and what type of brand that you're currently portraying, along with the brand that you hope to attain.

Well how do you figure out what you're reflecting to the rest of the world; ask those around you of course. Take a few minutes to go and ask 3 to 5 people that know you, to describe you in three words (i.e. loving, kind, hard headed) and write down all of their responses. You'll be able to truly see the brand and image you're giving off, as well as, what you are not doing.

It's an easy exercise to do, but for those that are more introverted it has the ability to be difficult. However, it's definitely productive if you're trying to change in a positive way.

Also, keep in mind that some people might give you their blunt opinion, so don't get upset if you hear some "constructive criticism". Just put it in proper perspective— you're doing the exercise to see your strengths AND your FLAWS.

To complement on what I wrote about last month, you retain 90% of information you teach, but on the other hand, you should never stop being a student in your life.

A life wasted is one that becomes stagnant. Well how do you get that way Galloway? By being close-minded and "set in your ways" as the old saying goes. If you do the same exact workout every day for three months straight, then you'll see no results, because your body plateaus and simply goes through the motions. You will never grow that way! Well in the same manner, you can't expect to grow in any area of your life, if you don't spice up your life and try new things. Don't get older; get better!

So today and from now on for that matter, be open to new ideas. It's okay to not know it all. Pour your cup out and be the student. Like I recently told the class— you will never know what you're fully capable of, unless you take a risk to try the unknown.

Now for my favorite part of life. For those of you that are continually making a conscious effort at physical health.

Did you know that you only burn about an average of 70 calories when you go for a 10 minute run on the track, meanwhile, you burn about 150 calories running stairs in your dorm for 10 minutes. Therefore, instead of going for that warm up run on the track during rec, try running the stairs 10 minutes before you go to rec. That way you can have MORE time during rec to focus on your actual work out. Doesn't sound too bad does it— a win/win situation— you burn more calories AND you improve your time management skills! Get out there wolves!!! \*HOWLS\*

## Yoga



We have our weekly Yoga class every Friday at eight in the morning and it's a great way to become more flexible, more relaxed and more conditioned. It's also been proven to be very therapeutic mentally. We've got a few pictures just so you can get a good idea of what we actually do. There's no super crazy looking difficult poses to where you fold yourself like a pretzel. However, it's no cakewalk either. What can come from trying it out, besides the fact that you'll either like or you won't. Remember, we're trying to be open to new ideas, so come on out one day!





Guess who?

Guess who?

This American singer-songwriter is best known for being a guest vocalist on several Billboard Hot 100 songs with music artist like G-Eazy, David Guetta and Martin Garrix. She is from an Albanian ethnicity. Her first name means “honey bee” which is where her stage name comes from. Growing up she played many instruments like the trumpet as well teaching herself how to play the guitar and the piano. But when she joined the choir in high school is where she found her unique voice. After writing songs for many successful artist she’s finally hit it mainstream with releasing her own singles where it has hit the Billboard Hot 100. Who is this honey bee?

# Guess Who Trivia???

This entrepreneur is one of America’s youngest millionaires. She started her career in the cosmetic industry at a young age by doing her friends makeup for prom and pursuing a part time career in teen modeling. At the age of 15 she interned at Ralph Lauren while attending high school where she crammed her classes in two days and interned for the other three days from her sophomore year to her senior year. After college while working at Teen Vogue she started her blog “Into the Gloss” where she talked about every day issues with women and cosmetics. Today she is the CEO and founder of Glossier where they produce usable products for cheap prices from simply asking her fan base what they would like and creating it at a fair price. Who is this young millionaire?

This actor is best known for the greatest movie ever made, Star Trek. He has appeared in several other films with his most recent film where he romances the ultimate super heroine, Wonder Woman. He is from the California area and comes from a family of actors. He is a very busy man in the entertainment business with over 25 films in production, four theatrical shows made, three songs on two different soundtracks, one video game and 29 awards and nominations in the movie industry. He’s the hero in a lot his recent movies but in his life his unsung hero is his mother, who went back to school when he was 13 and worked five different jobs so she could get a college degree and then her master’s. She taught him the value of work hard. Who says this line, “Beam me up Scotty?”



# Life

The life we live is only lived once. It's so precious that each day of living should be lived as if it was your last. Every second, minute, hour, day, week and year counts. Cherishing the moments and memories we create, as well as, the people we love. We should always be grateful, appreciative and blessed to have them in our life, because we are living to be better than the day before in order for us to become better; today's preparation determines tomorrow's achievement. We need to stay focused and motivated to become the best at what we set ourselves to do. When we do reach the best, all we do is better it. Time is of the essence and we don't want to waste it any more than we have done already. It's up to you to decide what you want in life, because we all have a choice and that's what it comes down to. You can be anyone or anything in life, but how much are you willing to struggle to accomplish and succeed? How much are you willing to push, give and do? Is the fire in your heart filled with passion, drive, dreams, goals, plans, love, motivation and life? How bad do you want it? I personally want it as bad, as I want my daughter Faith Michelle back in my life. Are you determined and disciplined to be committed to being uncomfortable in any situation that may come your way, to live the life you truly want? No one wants to fail, but how do you know you have failed if you never even tried. No one wins every day, because we are all bound to lose one day. When that day comes, we just keep our head up, chest out and keep going. We use it as a learning experience, as well as, a lesson so that next time we're ready. We keep pushing to the top, until we reach it no matter how hard it is. We never ever give up, because we are not quitters, nor do we accept defeat. The life we live is hard, but no one said it was going to be easy either. We make our lives, as hard as, we want them to be, so what are we going to do about it? We are living on borrowed time. It's so important to tell our loved ones how much they mean to us and how much we love them, because we don't want to regret anything that we should have done at the time. We need to value our life and know that it's worth it, because in reality it's only given to us once. We have to be determined with a raging passion!

Sincerely,

Marcos A. ( a.k.a. Sweating Bullets)



When we come to realize that the life we are living has no direction, we need to sit back and examine our situation. Sometimes we feel like we want to do better, but it seems like we can't, and we tend to lose the hope that we had for that one second and return back to our supposedly normal life. A lot of the times we do not know that our past haunts us. Whatever our situation may be, we need to look for a better tomorrow, our time in this earth is short and we need not to waste more time than we already have. Coming to prison is supposed to be an eye opener for us, just think about the people that did not get this second chance. We need to be grateful that we are not dead with no opportunity for a chance at all. Let's start transforming our lives to be better men, not just for us, but for all those around us. Build a relationship with our creator and let him guide you when you feel like you need guidance. I believe that God uses these type of programs when he feels that there is no other way of reaching out to us. This program has helped me and those that let the program work for them. Build a brotherhood with those that are looking for that change and you will see how God starts to work in your life. The word of God says that "iron sharpens iron" and that is why you need to stay around those that are walking that same path as you. Remember, that there is a lot of people in this program, but not everyone of them wants what you need, and that is to be a better man. In the long run you will see that it pays off, not only will you be looked at different, but you will also rebuild those relationships that you once lost. Take it from me because I speak from experience. I was once lost but now I have been found. Praise the Lord!

Sincerely,

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



# Special Dedications

"I love you all." Warren R. a.k.a. Baby Buzzard



"I love y'all and I'm blessed to have a father and mother like y'all."  
Michael E. a.k.a. Bobble Head



"I Love y'all and I wouldn't be able to this without y'all." Edward G. a.k.a. Frappuccino



"Love y'all and thank you for your support." Daniel G. a.k.a. Slow  
Poke Rodriguez

"It won't be long now. Love you." Kimothy T. a.k.a. Mr. Hula Hoop



"I love y'all. Stay safe. Daddy will be home soon and I'm going  
to complete the program, graduate and be a success in life for  
y'all." Mario B. a.k.a. Mr. Potato Head

"Thank you to my parents for their support and being by my side.  
And thank you to my wifey for being the love of my life." Terrence S. a.k.a. Cherry Blossom





"How are y'all doing? I love y'all." Yasim M. a.k.a. Little Teapot

"Thank y'all for all the support over the years and I'll be out in 5 months. See y'all soon!" Valentin T. a.k.a. Toaster Strudel



"I love y'all, forever." Quang H. a.k.a. Power Ranger #3

"I want to thank my Mom and Dad for always being there for me. And a special shout out to my two sons who I'm always missing and thinking about. Daddy loves you both." Cody W. a.k.a. Fivel



"Thank you Jesus for my beautiful family. I love you and this is for you all. God bless you." Jorge C. a.k.a. Snappy Turtle

"I miss y'all and love y'all and I'll see you soon." Andres M. a.k.a. Sweet Empanada



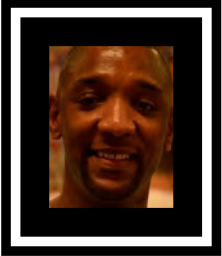
"I love y'all and y'all are my backbone." Shaun F. a.k.a. Ring Pop

Shout out to the famz!

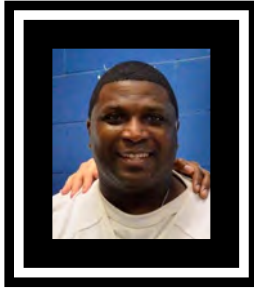
# Special Dedications



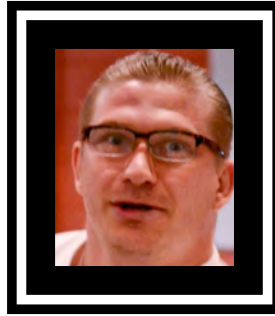
# Adios Amigos!



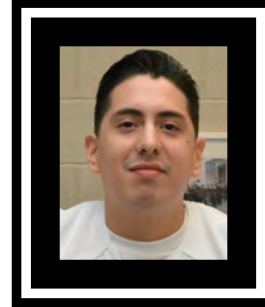
Tuwi S. a.k.a.  
Goof Troop



Wesley W. a.k.a.  
Red M&M



Francis C. a.k.a.  
Munchkin 2



Martin D. a.k.a.  
Brown Sugar



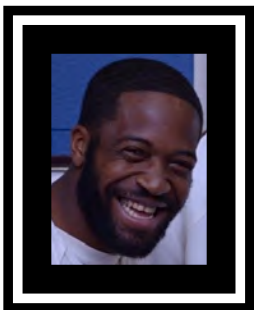
Jose G. a.k.a.  
Chicken Hawk

Powerful people recognize potential in people and people of potential know power when they see it. No matter how bad it gets, You're going to make it. You've got to start saying yes to your life! Yes to your dreams! Yes to your unfolding future! And yes to your potential! Then the universe will yield to you and your life will never be the same again. Live your dream.

-Les Brown

*Love Life.*

*Live Life.*



Jaa'far A. a.k.a.  
Green Jolly  
Rancher



Johnny C. a.k.a.  
Barnyard Bill



Torrence T.  
a.k.a. Beyonce



Javen P. a.k.a.  
Steve Urkel

A Dentist is startled when a panicky man rushes into his small office, with his wife at his heels. "Doc! I have an emergency - I have 50-yard line tickets to the biggest game of the season and we're running late, so no time for any anesthetics - just go "in there" and pull the tooth! The Dentist is still a bit stunned, but after the initial shock, he thinks "Wow, this guy is as tough as nails not be worried about the pain!" "Okay, show me what tooth" asks the dentist. The man looks to his wife and says "hurry honey—open your mouth and show him what tooth!"

Funny Bone  
HA!

Aww—yu so  
funny!



A police Officer is called to a scene just a few blocks where he was patrolling. He showed up quickly and soon noticed a Lamborghini with its whole driver side totally wrecked and an enraged business man standing next to the car. The Officer approaches him and the man begins shouting, "I'm going to sue this city! I'm a Lawyer and I know a lot of Judges! Do you know how much it will cost just to get my door fixed!?" The Officer thinks to himself "*man, these Lawyers are really materialistic people.*" "Sir, have you even noticed that your whole left arm is completely missing and you are covered in blood?" The man looks down and stares at where his arm should be—and screams, "*OH NO!!! My Rolex watch is gone too!*"



"I WANNA GO TO COMPUTER LAB!!!"



FINISH YOUR LESSONS!!!

Roly-Poly has hair now?

