

Entrepreneur Of The Month

Well first and foremost, my name is Steven M. (a.k.a. Snooki) and I am from the southwest side of San Antonio. Honestly this program is a true blessing to me, because it has helped me grow in so many ways. I am a firm believer in never stopping personal growth and having been incarcerated close to 10 years on a 12 year sentence

It's at the lowest point that great men do great things. And for me prison has been the lowest point of my life. But still I endure growth, learn, and push everyday to go to sleep a better man, no matter what's going on in my life. Honestly, this program has been a blessing to me, because it has helped me to grow in so many areas of my life. Then of course from the business side of the program, I learned everything I needed to succeed in different aspects.

This program has allowed me to develop my business, "Legacy Paint and Body". We specialize in complete collision repair and custom paint. I decided to do a paint and body shop, because this trade has been in my family for three generations. My grandfather passed the trade on to my father and my father passed it on to me. This opportunity has allowed me to begin and pass down my own legacy, for my future generations to come. Our starting location will be in the Northwest side of San Antonio, this location will have a growth rate that is estimated to be up for then next 15 years.

For those of us who have done several years in prison, for those of us who have lost loved ones and for those of us who have had family fade in and out and have had to react in a hostile environment; you know how easy it is to lose yourself and become someone completely different. But I still have to strive to be that authentic man who will do great things in the midst of darkness. PEP has been that light and I will to continue to let it guide me long after I'm released. God bless and take care ... Peace!

"Legacy Paint and Body"



STEVEN M.

(A.K.A. SNOOKI)

Servant-Leader of The Month

Unsung Hero or Heroes?

The hardworking kids in school who have chosen to walk the hard and narrow path; studying, staying in school and refusing to listen and follow the negative crowd. These kids are our future and we should commend these future leaders, who despite their young age—they show courage and strength. I'm reminded of my son, who despite my flaws, grew up to be an upstanding Man! Finished High school and is now proudly serving our great country. The USA!

What are you watching?

"Shark Tank". I guess after completing the Business Plan Competition (BPC), I have been intrigued and impressed with seeing business plan pitches on such a grand scale. I see so many examples in this show that brings to mind so many of the things that I—we—learned in class.

Biggest priority since graduating?

Staying focused and positive, and trying to reject negativity and accept responsibility and hold myself and others accountable. I could be "on chain" any day now, so like other brothers before me, I would like to leave here and pray that I somehow left it better for the our future brothers.

You have been recognized as our S-L of the month; what does "Brotherhood" mean to you?



Memory Lane

Growing up my mother worked from 3-11 at the Otete Hospital in Wichita Falls. I had this thing about watching the weather channel to see if there was going to be any storms. I was always very scared, due to the fact that Wichita Falls is in "tornado Alley". If I saw a storm approaching, I'd go to my grandmother's house if possible.

Well on this particular day, I guess that I missed my update, but boy would I regret that mistake. Come about 6pm it started to get dark outside. Not night time dark, but black clouds blocking the sun dark. So I get on the phone and I start calling my mother's job and the receptionist picks up and informs me that my mother's busy and that she will call me right back. In response, I decide to wait 10 minutes to call back, until I get in touch with her.

So when I finally talk to her, I told her that it was absolutely urgent for her to come home that instant. I say "Mom it's about to be a thunderstorm, possibly a tornado!" she blew it off like it was of no concern. Her favorite line to tell me was "Boy so? Go take a nap!" I never quite got what taking a nap would do, but she had to get off the phone and would not be taking off from work. So after I hang up, I become a complete nervous wreck, because it starts raining, thundering and lightening.

I got the TV on the local news station and I'm reading the bottom bulletin, until I couldn't take it anymore. I went to my neighbor's apartment scared out of my mind; knocking on the door. Luckily they were home and they invited me in, so I called my mom again, but this time it got her attention. I guess me calling from the neighbors made her see how frightened I truly was. So she took off a little early to come home to be with me. I'll never understand why everybody thought it was funny, because I sure didn't.

Ricky D. (AKA "Peanut Butter")



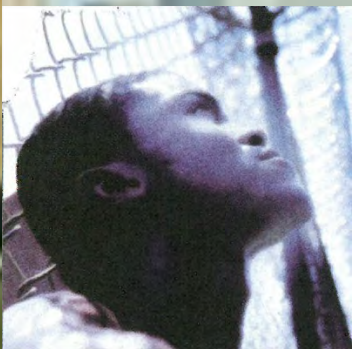
Growing up on the Northside of Houston, it was tough, and we faced a lot of hard times. I was the oldest of three (brother Antony and my sister Antoinette). Growing up I was into sports, but in the environment I was in I began to be influenced by the streets. I got caught up in all types of bad things; not because I was a bad person, but because they were the strongest forms of expression in that environment.

Through it all my mom was all I ever had. She would work all day and night to try and provide for us, but in the midst of it all I was a problem. She would have to come and get me from school because I've been suspended or meet with a teacher because I was acting up in class. One thing I knew without a doubt is that no matter what, rain or snow, my Mom would always be there.

The thing about that day in court, and being sentenced in front of my mom to 12 years in prison that I'll always remember—is that I turned around and she smiled and told me she loved me and at that moment I realized she deserved better than what I've put her through. She is my "why", why I strive—why I push and most of all why I've changed. I remember being young and telling her when I saw a nice house or a nice car, "When I get big I'ma buy you one just like that momma." Those were the dreams I had when I was growing up as a kid, to buy my mother the things I felt she deserved in life. Even now at the age of 29, those are still my dreams and will be until I make them a reality. That starts with knowing she deserves a better me. She deserves the precious memories and moments that I still have a chance at creating for her!

"I love you Momma!"

Kevin V. (AKA. "Wanda")



Health & WELLNESS

High Intensity Interval Training

When it comes to losing weight, one of the most efficient ways to do it is by using high intensity interval training every other day. The reason being is that while you're performing HIIT formulas, you're spiking the heart rate, which then later creates Excess Post-Exercise Oxygen Caloric after burn (EPOC).

The practice of spiking your heart rate is to do a specific exercise as much as you can, to the point where you're completely winded, followed by one to two minutes of active rest and then repeating this formula six to ten times. Now what's going on inside your body is that you're exerting maximum energy in that 30 seconds and in that 30 seconds your heart rate is at its maximum as well, and when you come to a complete stop it takes more work to try to slow your heart rate, which causes you to burn more calories. In addition, when you immediately amp back up your heart rate again after a minute of active rest, it takes even more energy to do so, giving your maximum calorie burn.

What's even more amazing about HIIT is that it creates that EPOC, which in layman terms means that your body continues to burn calories from that exercise up to 48 hours after the workout. Reason being is that HIIT boost your metabolism, more than your average workouts. Imagine your body like a car that's turned on. Your body is constantly burning calories (being idle) and working out is like revving the engine over and over again to make sure your body remains at 100% performance.

THE RX

Warm Up

10 minutes of steady jogging on the track, or walking the stairs.

The Workout

30 seconds of **high-knees**

1 minute of jogging in place (active rest)

30 seconds of **pushups**

1 minute of jogging in place

30 seconds of **Knee-tuck jumps**

1 minute of jogging in place

30 Seconds of **crawl out pushups**

1 minute of jogging in place

30 seconds of **Jump lunges**

1 minute of Jogging in place

30 seconds of **burpees**

1 minute of Jogging in place

30 seconds of **Jumping jacks**

1 minute of jogging in place

After you've gotten pretty comfortable with the circuits; alternate exercises for higher intensity to produce maximum results.



Guess Who Trivia???

This television personality will be on DIY's Renovation Realities series with her husband this coming May. She is mostly known for bringing us updates on the most recent hurricanes that have hit Texas, Florida and all parts of the Caribbean. She and her husband welcomed their son December 19, 2015. Besides talking about the weather and remodeling homes, she is a work out fanatic and is always live streaming. Who is this famous weather girl?

Help, I'm thirsty!



This famous singer/songwriter will be performing here in Houston in the next couple of months. She has had the same stage name since she was 3 years old. This pop artist is known as "the saddest girl in Sweden" because of her grunge-influenced take on pop music. Not only having a hit single on the U.S. Billboard Hot 100, she's also co-written a number of songs for Hillary Duff and Ellie Goulding. She performs all her concerts barefoot but when she has on footwear its only two brands she keeps on, Doc Martens and Candies. She rocks a specific brand that paints herself as the hard-drinking, hard-drugging, partying hippie girl admitting the somewhat destructive nature of these preoccupations but celebrating them all the same. Who is this grudge rock star of the pop industry?

This entrepreneur worked as a field organizer for Barack Obama's 2008 campaign at the age of 19. Instead of going into politics. At the age of 21 he started Fiscal Note, which is a tech start-up from trying to do the impossible, make sense of government and make it more efficient. His company brings in all the legislations, regulations and government filings from thousands of federal, state and local agencies and sets it up to personalize data feeds to companies to show how there businesses may be impacted. Most executives are at loss when it comes to managing government risk. Which is why he has over 200 enterprise customers and is expanding worldwide. All businesses who are selling a service or a product have regulations they have to follow? Who is this young entrepreneur?

Join me
for a Dr.
Pepper



Writer's Corner

Dear Cherry Dr. Pepper,

I just got here to the program. I'm in the new class. I hear a lot about test, rules, accountability, character and a bunch of homework. I was excited about coming to the Prisoner Entrepreneurship Program. Now that I'm here, I'm kind of intimidated by all the things we have to do to complete this program. More so, is this worth it? So my big question is what do we get from PEP for following rules, being accountable, building my character, studying every day, passing my test and doing a bunch of homework?

Well, PEP is one of the many "happily ever after" stories of transforming losers into winners. And as glamorous as that sounds, it's not as dazzling as it looks on the cover of the postcard you received from PEP. So right now I'm going to share with you a typical day for me which is similar to many of our other brothers here in PEP.

Keep in mind that most of us have not been in school in decades. Some of us only have a high school diploma or a G.E.D. And some don't have any kind of educational background and it may be difficult for those to read and write.

When I started PEP, my life changed. I was given many task that were out of my norm. I wake up at six a.m. to get a head start. Others may wake up earlier at five a.m. to go to breakfast and then go to necessities to get there laundry. I brush my teeth, then I wash my face. I get dressed. Make some coffee. Have a snack for breakfast in my room. Get all my things ready for work and wait for the dayroom to be opened at seven a.m. At seven-fifteen a.m. I go to work in the computer lab or I go to class depending on what day it is. From seven a.m. to nine a.m. I'm in Leadership Academy. From nine a.m. to eleven -thirty I'm in Men's Life. After a morning of dancing and giving out hugs, I go to lunch and head back to the dorm for a quick break. At twelve-thirty p.m. I go back to work in Men's Life for the afternoon class. We have Men's Life from twelve-thirty p.m. to two-thirty p.m. And then we have Leadership Academy from two-thirty p.m. to four-thirty p.m. Same thing again, different people. After class is done we go to dinner. On Thursdays I go back to work for Celebrating Recovery from five p.m. to seven p.m. Afterwards I go back to the dorm, hang out with my friends for a little bit. About eight-thirty I take shower. Get my things and my clothes ready for the following day. I call my family some nights and other nights I write letters. And sometimes I read for a few hours. I love learning new things. Other guys going through the class may be a little busier than me when they get to the dorm. They are studying, making flash cards, presenting speeches to each other, practicing elevator pitches with each other, doing homework assignments or they might be working out.

Some guys stay up until two a.m. studying and doing homework. By twelve a.m. I'm in bed, dead asleep. Other nights later than usual depending how good the radio is. That's not such a good idea because the next day in class I doze off and I miss something really important and if I'm caught sleeping by a Servant Leader I even earn homework. Not good. A good night sleep is very important and also really healthy. And I'm at it again the following day at six a.m. Every day is different. There are different classes learning different things. PEP is Monday through Friday. Sometime Saturdays for Events. Some days after work I got to church. The hours I spend at PEP is the same hours of a lawyer trying to make partner, or of a medical resident. Why do I do it?

My life right now is not the typical life of a prisoner. Most prisoners like to work out, play dominoes, hang out with fellow gang members, sleep all day, do drugs, drink alcohol, gamble, work on the unit or watch T.V. I like to learn. I'm practicing how to be a responsible father, a caring husband and a good son. What is being asked of us here in PEP is to shed some part of our old identity from our past because the legacy we have been given as Entrepreneurs does not match that of other prisoners somewhere else. At other prisons we will not get what we get here to succeed. So what do we have to do to succeed? We have to show up to class on time. We have to study to pass our test. We have to do our homework. A lot of homework. We have to work on our character to be better sons, better fathers and better husbands for our families. We have to give up our old gang life, give up sleeping all day and watching T.V. and replace it with PEP. Is this a lot to ask of us? It is after years of living like that. But think of it from my perspective. I have made a bargain with PEP. All I have to do is show up on time. Work hard. Do a bunch of homework. Smile. Be thankful for another day. In return PEP guarantees by graduation I will have a professional business plan completed that is presentable to any bank that you are trying to acquire a bank loan for the start-up of your company. Upon release, they'll pick me up, clothe me, feed me, put a roof over my head and give me a place to sleep. They help me get all my identification, food stamps and transportation needs. PEP promises 100% of all its guys find a job within 90 days of release. On the strength of that, PEP brothers stay out of prison longer than others ex-offenders. Eighty-three percent of the usual prisoners who get out, go back to prison within the first three years of release. Only seven percent of PEP guys fail and go back to prison within their first three years of release. Is that not a bargain? I don't need a big university to attend with tablets in the classroom. I don't need a small classroom with a teacher who has a PhD. I don't even need a nice queen size bed in my cell. All those things would be nice. But you miss the point. I just need a chance. I just need to practice living a life that is honest and honorable. Something my family would be proud of. And look at the chance I was given. PEP believes I can change. They explained to me the miracle of meaningful work. Because of that, I will be a success. Lets not forget, PEP owes you nothing. PEP gives you the tools to succeed. You just have to earn it.

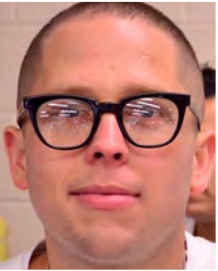
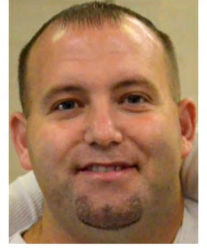
Cherry Dr. Pepper

Special Dedication



**"Hey Mom, I love you, and it won't be long now. Keep P.U.S.H.ing. To my fiancé and kids, Team Houston forever! Love you, Babe!"
Walter H. a.k.a. MC Hammer**

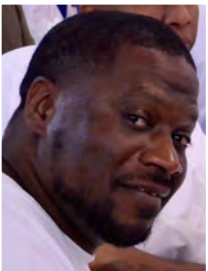
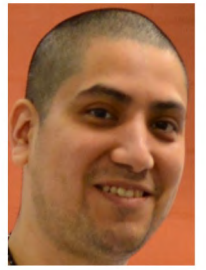
**"Thank y'all for always having my back. I love y'all so much."
Devada F. a.k.a. Porky the Pig**



"To my daughter and to my mom, I love you to the moon and back!" Joseph W. a.k.a. Ralphy



"I would like to give a shout out to my mom and to my step dad, congratulations. To my daughter, I love you and miss you. Can't wait to see y'all for my graduation. God Bless." Victor H. a.k.a. Dude Crush



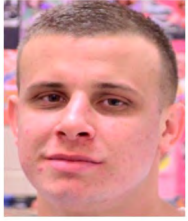
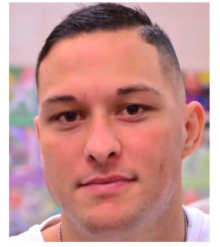
"God bless you all. All smiles no frowns on this end. See you soon. Love y'all." Tyrus P. a.k.a. Kitty



"To my son, you always make me proud. And to my fiance, we've got this on a cosmic level. Mom, thank you for everything. I love you all and BE GOOD!" Brandon G. a.k.a. Swagger Wagon

Special Dedication

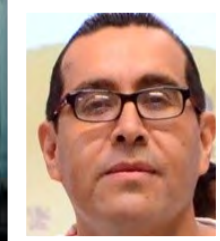
**"I love y'all. Y'all are my backbone. Thank you for everything,"
Julian R. a.k.a. Buzz Light Year**



**"Thank you to my family for all the unconditional love and support."
Zachery S. a.k.a. Kelis**



"I love you guys. Without you guys I don't think I would have made it. Victory is ours in Christ Jesus." Saul R. a.k.a. Count Dracula



"To my family I'm working hard to get home to y'all. I'm learning everything I can while I'm here. Love y'all." Robert L. a.k.a. Funnel Cake

"To my father and to my girl, I love y'all and thank you for all your support." Cody M. a.k.a. Backseat Driver



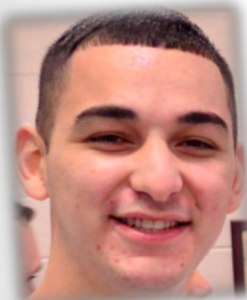
"Thank you for riding this journey out with me. I love you all. And always remember just because I messed up in my past, that doesn't dictate who I will become in my future." Ramien H. a.k.a. Cinnamon Roll



Adios Amigos!



Abraham D. a.k.a.
Tweety Bird



Emmanuel M. a.k.a.
Pretty Tinkerbell



James P. a.k.a.
Mrs. Doubtfire



Brandon W.
a.k.a. Darkwing
Duck



Jason J.
a.k.a. Sling-



Andrew W. a.k.a.
Sweet Ken Doll



Cody W. a.k.a.
Fivel



Michael H. a.k.a.
Johnny Bravo



Jamar V. a.k.a.
Carlton



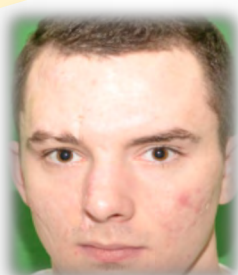
Leroy T. a.k.a.



Israel G. a.k.a.
Winnie the Pooh



Wesley H. a.k.a.
Baby Spice



Bryan S. a.k.a.
Sara Lee

Live Life.

Love Life.

