

MR. HAPPY SPORTS

Football is in full swing and there are many storylines heading into the first half of the season. One of the biggest stories is that of Kansas City Chiefs Patrick Mahomes. Mahomes is one of the best QB'S to come out of the draft that I have seen in a long time. The only knock that I can see is that he throws off of his back foot too often. He definitely has the strongest arm in the league and that allows him to make passes that other QB's can't make. Who knows what will happen in his second full season as starter but his future definitely looks bright.

Speaking of the Chiefs, did you know that the number one scoring offense has won six out of seven matchups versus the number one defense? This trend stayed course with the Chiefs victory over the Jaguars.

Pittsburgh Steelers Leveon Bell is still MIA, but you can hardly tell with Rookie James Conner filling the void by rushing for over 100 YDS and 2 TD'S three times this season, something that Bell has never done.

Giants RB Saquon Barkley is the real deal. Every time I watch this man it brings back memories of Barry Sanders. He makes defenders miss consistently and turns simple 5-YD runs into a thing of beauty. It looks as though the Giants have found a once in a generation player in Barkley.

Now on to my Superbowl picks. At the start of the season I had Jacksonville and Los Angeles Rams advancing to the big game, but after further evaluation the Jaguars will be lucky to make the Playoffs. Tom Brady is still Tom Brady and the Patriots look stronger than ever. The Rams still look unbeatable so my new revamped picks are the Rams and Patriots. Until next time Happy Sports!!!!!!!

BRIAN W. AKA BANANA SPLIT



Kick-Off Event

Pictures were the first order of business the morning of the Spring '19 Kick-Off Event. For some, they were the first photos taken since being processed into the system. The suggestion that one of our poses should be “fun” was, understandably, lost on many. But the mood was about to change. “If you’re in this room you’re going to dance,” came the warning. Hip-Hop, Tejano, and Metal played over the speakers. It was loud—awesomely loud. And dancing ensued. At the incitement of the MC, the crowd ushered a few unfortunate souls who were hiding on the margins to the center of the dance circle. Thereafter, the driving music was the only impetus necessary to ensure full participation.

After dance therapy, we were funneled into the “Tunnel of Love”, a gauntlet of executives—impressive in their business attire—and servant leaders. All with genuine smiles and outstretched hands eager to shake our own and call us by name. We heard some inspiring words from our beloved PEP staff and then the executives were asked to introduce themselves. The front of the room being the most obvious place from which to do that, the crowd ordered them in unison, “to the back of the room!” The executives knew what to do when the music came on—dance to the front of the room. It was truly a sight to see, and once seen, never to be unseen.

And finally, the room split into groups to discuss the concepts of integrity and accountability with business people ranging from life coaches and accountants to oil men and real estate developers. We were reminded throughout the day that breaking old habits and constructing new paradigms is not an easy undertaking. Growth is challenging and uncomfortable. “Don’t give up,” they repeated, “trust the process.

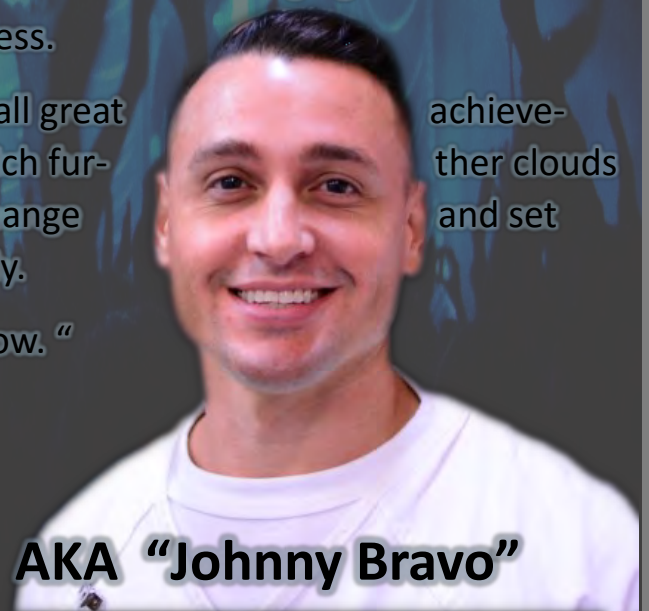
Vision and direction are the powerful forces behind all great achievement. But obscure dreams leave room for doubt which fur-ther clouds and set aside doubt we can finally dream big and dare greatly.

achieve-
ther clouds
and set

“He whose life has a why can bear almost any how. “

Nietzsche

John G. AKA “Johnny Bravo”



5 THINGS YOU DIDN'T KNOW ABOUT ME?

(Executive Edition)

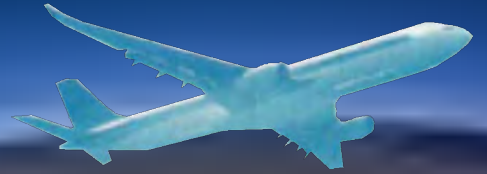
Carol AKA The Exterminator

1. My dad is still alive! He's the "Ever Ready Bunny."
2. I love to travel.
3. I lived in Arizona for four years.
4. I was with Honeywell for 20 years
5. I work out with a trainer and I box.



Pat AKA Bloodbath

1. I have a twin!
2. I was born in Alaska!
3. I love the beach.
4. I have my financial advisor license.
5. I went to airline school.



Ben P. AKA Strawberry Short Cake

1. I have never had a cavity.
2. I arm-wrestled "Ogre" from "Revenge of the Nerds" at my cousins wedding.
3. I dropped out of a master's business program.
4. I can't drive a manual transmission car.
5. I have never drank one drop of coffee.



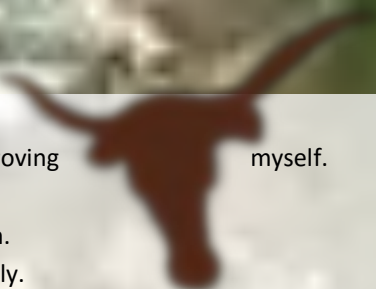
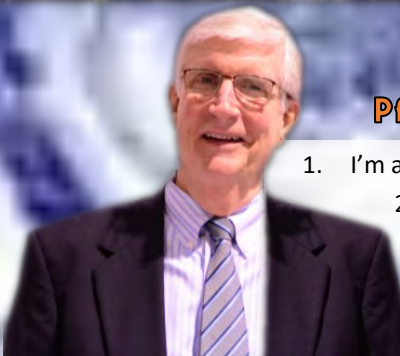
Greg P. Aka Flower

1. I got lost in London at 8 years old.
2. I have lived in three large cities. (Manhattan NY., Houston TX., and San Francisco Cal.)
3. My favorite ice cream is cookies and cream.
4. I love spaghetti.
5. I enjoy history and philosophy.

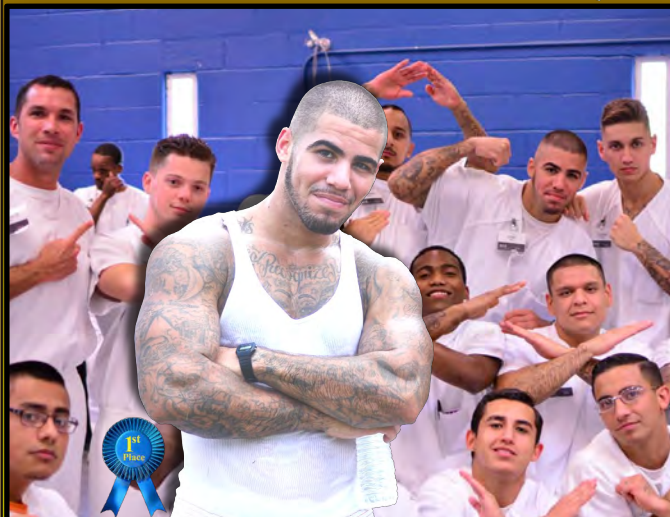


PAUL AKA Papa Cha-cha

1. I'm a twin!
2. I'm always interested in improving myself.
3. I went to school at UT.
4. I have three great children.
5. I love dogs. My pet is Molly.



HEALTH & WELLNESS



JOEL B. AKA "CARDI B"

Fit-Triton



Improving Minds...

Strengthening Bodies...

Elevating Spirits...

... Ultimately Transforming Lives



STRONGER TOGETHER



Health & Wellness is an in-prison fitness program that gives inmates the opportunity to transform their lives and become healthier men. Since the first day I set foot inside the program I knew this is where I belong. This is an outstanding brotherhood that supports and guides you every step of the way. Let's not forget the inspiring sound of music blasting through the speakers which help us drive and push through every rep as if it's our last. You can't help but notice the sweat that pours down each of our brother's faces as we broad jump our way to the finish line. By the end of our session we all come together as ONE forming a circle, congratulating each brother for pushing as hard as they did lastly, we close with a prayer thanking the Lord for everything he's done followed by a howl of wolves that echo's its way out the gym.

None of this would have been possible if it wasn't for the man with the plan- Michael G. An outstanding friend, excellent personal trainer, and a great role model that's SUPER ENERGETIC. Thanks to him I was given the opportunity to facilitate my own personal group. Considering the fact that I am studying to become a personal trainer myself, this is a great opportunity for me to enhance my skills and experience up close with the ins and outs of being a personal trainer. To some *Health & Wellness* is just a program. To me it's a full blown lifestyle. Without it I would have never experienced the support nor brotherhood or be able to change the lives of many individuals. It is a blessing and honor to be a part of the *Health & Wellness* program on this Unit. I welcome and encourage everyone to join my group: Fit- Triton (Fitness Solutions). Shout out to X- cons and Wolf pack, much love.





P&P Brotherhood