

# MEMORY LANE

Once when I was younger I had spent the night at a park with my friend's Amanda and Eric. We had to drop Amanda off at her mom's place before she woke up. After doing that, Eric and I drove over to our friend Mikey's house. Mickey's father was an ER surgeon and his mom had a good job as well, so they were pretty wealthy people. Their house was beautiful and I always enjoyed going over there. Eric and I hadn't eaten the previous night, since we were using drugs, and so at this point we were starting to feel hungry. Well Mikey said that his dad will be willing to pay for food for us. Mikey went to ask his dad to use his credit card to which he said yes. So the three of us left to go get something to eat. Eric and I weren't interested in getting too much since we didn't want to disrespect Mikey's dad, but Mikey didn't seem to care how much we spent. McDonalds was close by and so we ended going up there. Although Eric and I were hungry, we weren't starving, a couple dollar menu item was all I wanted. Once again, Mikey made a point of buying more, Eric told him we didn't need that much, especially after all we did the previous night. Mikey, of course kept insisting that we should order all this extra stuff that we didn't even need. Eventually, we just figured that if he said it was alright, then it must be alright. When we got back to Mikey's house he gave his dad his card back. His dad asked for the receipt and when Mikey gave it to him his mouth dropped. "\$16 he gasped," how did you manage to spend \$16 at McDonald's?" At this point I began to feel a little confused. Apparently Mikey didn't care at all that his dad was upset. He just ignored him and walked off. Mikey always had an attitude of entitlement so we wouldn't remain friends for long, but his dad's reaction made an impression on me. Later in life after watching my other friend's parents that had a lot of money I began to see what was going on. I used to think rich people threw money around left and right, but you won't be for a long if you do that. Mikey's dad was upset with Mikey because he wasted money. It's the principal. Other people haven't always

seen it this way when I told them this, but every book you read that's written by a millionaire will emphasize this. Wealth starts with a mindset. All the material stuff will follow. I always try to remember that with every decision I make today.



**JOSHUA B. aka McLoving**



1. Born and raised in New Jersey
  2. Loves hiking, camping and animals
  3. Loves cooking and food
  4. Weightlifter
  5. Big traveler
- Danielle (aka Coming Soon)



1. I am the biggest chocolate addict in the world
  2. I dance alone in my garden alone at 4 am
  3. I climbed the Kilimanjaro in 2007
  4. I have a car but I am not a car person (I know, it's weird)
  5. I am a very bad driver
- Lucienne (aka Coming Soon)



# 5 THINGS YOU DIDN'T KNOW ABOUT ME



1. I have three kids in their 20s
  2. I have seen the Taj Mahal twice
  3. I helped bring our troops home (flight attendant) from Gulf War in the 90s
  4. I'm a good Moonwalker
  5. I have been to the bottom of the Grand Canyon and back up (only 1% of the annual visitors have done this)
- Kirstin (aka Laila Ali)

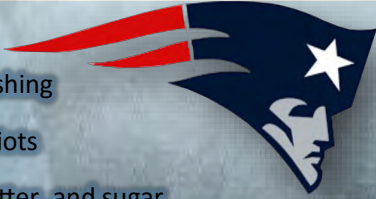


1. I was born in Okinawa, raised in Europe
  2. I speak fluent Spanish
  3. I have my pilots license
  4. I have a French Bulldog named "Boogie"
  5. I was in Central America during the Civil War (Nicaragua and El Salvador)
- Kevin (aka Coming Soon)



# 5 THINGS YOU DIDNT KNOW ABOUT ME

1. I love R&B
2. I love to go fishing
3. I like the Patriots
4. I love rice, butter, and sugar
5. I am the Cookie Monster



**-Thomas Richard (aka Ninja Turtle)**

1. My favorite movie is Friday Night Lights
2. I love to dance at all times
3. I want to go back and play semi-pro football when I get out
4. I love to go hog hunting
5. My favorite food is hamburgers and spaghetti



**-Jacob Grayson (aka Uncle Elroy)**

1. I am a rapper
2. I love to fish
3. I want to be a comedian/actor
4. My favorite food is chicken parmesan
5. I make up my own dance moves



**-Leonard Grissom (aka Malibu's Most Wanted)**

1. My favorite movie is the Notebook, I cry every time
2. I am an excellent cook
3. I love country music, my favorite artist are Chris Stapleton/Tim McGraw
4. I love to garden
5. I love to hunt and fish



**-Felipe Castillo (aka Old Spice)**

1. I love fishing, hunting, outdoors, and nature
2. All I listen to is country music
3. I have an amazing supportive family that I love more than life itself, especially my daughters Julia and Aaliyah
4. Cowboys, Aggies, Spurs, and Astros are my favorite teams that I will see one day
5. I am a welder, carpenter, barber, and tractor operator



**-Albert Anaya (aka Shanaya Twain)**







**SPRING '19 IN THE HOUSE**





# SWAPSHOTS



# CONQUERORS



# Health & Wellness

At the Cleveland Unit we turn out to what seems to be a lot of brother's favorite class Health and Wellness. The class can sometimes be long because of the mandatory P.T tests. Health and Wellness is not rec, it is a class, which we run as brothers trying to not only improve ourselves physically, but mentally as well. If you are tired of going to rec and not being able to get that full workout you desire, then you should come out and join us at Health and Wellness! The class is separated into 4 different groups which are Seal Team 66 for the older gentlemen as well as the injured, Weight loss for those who desire to shed a few pounds, Weight training for those who desire strength, and body weight for those who like conditioning and endurance. To me the cross means a lot to me, because I have come from only doing 12 pull-ups to 20 pull-ups with perfect form (Yeah Gabriel M. I passed you!) So yeah it's a no brainer, why wouldn't you want to come out, and better yourself, enjoy the different genres of music, like rock, rap and sometimes country and work out all at the same time. There is no other unit in the state of Texas that has a class that even gets close to the brotherhood, the passion, or curriculum Health and Wellness offers. If you are trying to aired out with all of your brothers, and friends come join us at 10 am for the early birds, and 3 pm for those who work in the mornings! 1...2...3 HHHHHHOOOOOWWWLLLLLL!!!!!!!

- Juan P. (aka Sweet Tootsie Roll)

You tried to harm me. But God made it turn out for the best, so that he could save all these people, as he is doing now.

**Genesis 50:20**

WOLFPACK  
**CROSSFIT**

