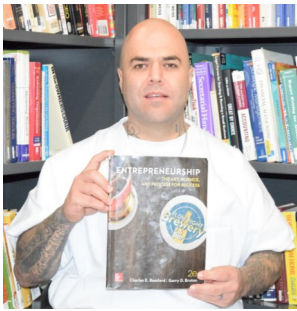


PRISON ENTREPRENEURSHIP PROGRAM
SANDERS ESTES UNIT VENUS, TEXAS



ARMANDO CANALES:
Public Speaking Challenge



CHRISTOPHER KEYES:
Willpower-Do You Have It?



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ALCON PITCH PANEL EVENT

May 11, 2017 marked a huge milestone for the Prison Entrepreneurship Program. This was the first time that strictly Alcon employees have come to volunteer with the program, and the Pristine '17 class was the lucky ones which got to bring it in!

The employees at Alcon have a chance to contribute community service hours each year. They have a few different choices on where they get to do the volunteering, and this year one of the choices they could make was to come and volunteer with PEP for a day. This is solely thanks to Keith Bird who is a very active executive volunteer with PEP- Living between the wings at all times!

Keith loves to come to prison and advocates it to his coworkers and friends. He not only comes to help teach Men's Fraternity, but also comes to as many events as possible if he is not busy with work or out of the country on business trips.

The Alcon Event was a Venture Capital Panel-like event where the participants were able to give their "elevator pitches" in front of panels of newcomer volunteers. This event was a chance to open the eyes of volunteers and participants alike, and it succeeded! All of the Alcon staff that attended the event loved it and were extremely excited about the pitches and business ideas that they heard.

They offered a bunch of helpful advice and feedback to the future entrepreneurs enabling them to excel at the Venture Capital Event.

One of the highlights of the day was when Keith Bird led "Walk the Line"; All of the volunteers and participants had a chance to approach a line on the floor if they had done certain things in life. These ranged from being born out of country, to growing up in a broken home, and even using drugs and/or alcohol. It is surreal to see the



Continued - Page 2

VENTURE CAPITAL PANEL EVENT

The much anticipated Venture Capital Panel Event has finally come to pass. With one more event completed the Pristine '17 is now one step closer to Graduation!

There were a remarkable amount of first time volunteers at this event. Many of these included students from TCU and friends of repeat volunteers. There were six first timers who were selected to dance to the front of the room—conquering all of the three most common fears in one day. The first most common fear being going to prison, the second most common fear is public speaking and the last is public dancing.

The VCP Event is a "Shark Tank"-like event in which the participants stand in front of a panel and give an "elevator pitch" of two to three minutes.

The elevator pitch is intended to draw the panel's attention in, shed insight into what their business is, and show why they should invest in it. The hard work and dedica-

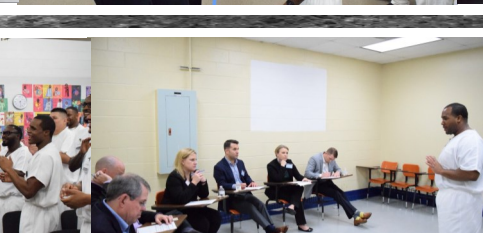
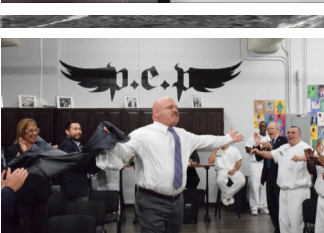
tion of the class was made evident on this day. Many of the pitches were examples of the level of excellence that the TCU students will be expected to deliver in their elevator pitches, bragged the TCU professors.



Continued - Page 2



ALCON PITCH PANEL EVENT cont.



VENTURE CAPITAL PANEL EVENT cont.

Some participants were very nervous standing in front of the panel, and this nervousness often led to stumbles during their pitches.

Hopefully this nervousness is relieved by the time that the Business Plan Competition comes around. All in all, the participants did very well and all of the executives were impressed. They could sense the passion and purpose that this program gives to those that once felt lost or like giving up on life.

These first-timers who danced to the front of the room were very impressed by PEP and all want to come back to

come back as soon as possible.

We cannot wait to see them all again and hope that this is not the last time that we have an Alcon Event here at the Sanders Estes Unit. It is a beautiful thing to see lives forever changed and transformations occur—not only for those of us currently incarcerated, but also have our beloved volunteers take a life changing and eye opening experience out into the world with them. The tools that everyone learns here can be transferred into our everyday lives, which in turn has the potential to transform entire communities!

Cameron Gilliland— Editor

future events. This is great because every little bit of help goes a long way in here, positively influencing not just the incarcerated.

The volunteers leave here with an experience that can help shape their lives - PEP is not just transforming the lives of inmates but executives as well, as the mission statement claims. This event is clear evidence of this truth, and I think I speak for everyone when I say that we cannot wait to see how the final pitch competition goes and how it affects us all!

Cameron Gilliland—Editor



BRIDGES TO LIFE & PEP - A NATURAL FIT

Bridges to Life is a program that teaches offenders to understand the impact their actions have on others by allowing victims of crimes to share their stories. Many of the volunteers are actually the victims of crimes or have had their lives effected by crime, directly or indirectly.

Thursday, May 11, 2017, participants graduated from the 14 week Bridges to Life course and shared what they learned with attendees. Not only did participants share, but the volunteers did too. It was a heartfelt evening as both sides relayed the emotional journey they had taken to the audience.

PEP and Bridges to Life have many similar virtues. They both stress accountability in order for participants to be able to identify negative behavior so it can be remedied. Many times we, as offenders, often

try to skate around this subject, avoiding the guilt associated with accountability. When we fail to identify with what we are responsible for, the chances that these negative behaviors will happen again radically increase.

PEP's presence was very evident at the event. The majority of the participants are also members of PEP. Even the Encouragers, which are past graduates that help facilitate, were almost all PEP members. Many times when participants would describe what they had learned over the PA system, one could hear people in the audience yell "Own it!" All in attendance laughed as PEP "Sweet Names" names were announced.

Jim Buffington, COO of Bridges to Life and PEP volunteer, announced that they had just received a new Bridges to Life graduate recidi-

vism statistic from TDJC that - only 14.5%. This program is designed to help offenders understand what they did and who it impacted so that they will not reoffend again and come back to prison. Their goal is pretty much the same as PEP's- get you out and keep you out.

As a graduate of this program, I want to encourage all of my PEP brothers to enroll in the next Bridges to Life session that begins this August. You can enroll by submitting a request via an I-60 to the Chaplin's office. The curriculum is a great tool in helping us make the changes needed for our transformation. I cannot forget to mention the stellar cupcakes at the graduation ceremony too. All in all, this program is beneficial in so many ways.

By Jaime Edwards

THIS IS YOUR LIFE

- Do what YOU love and DO IT often
- If you don't like something, CHANGE it.
- If you don't like your job, QUIT.
- If you don't have enough time, STOP watching TV.
- If you are looking for the love of your life, STOP.
- They will be WAITING for you when you start doing the things you love.
- Stop over analyzing, LIFE IS SIMPLE.
- All emotions are BEAUTIFUL.
- When you eat, APPRECIATE every last bite.
- Open your mind, arms, and heart to NEW things AND people. We are UNITED in OUR differences.
- Ask the next person you see what THEIR passions are, and share your inspiring dream with them.
- Travel often. Getting lost will help you FIND yourself.
- Some opportunities only come ONCE, SEIZE them.
- Life is about the people YOU MEET, and the things you CREATE with THEM. So, go out and START creating.
- Live YOUR dream and share YOUR passion.
- LIFE IS SHORT.

BRIDGES TO LIFE GRADUATES AND ENCOURAGERS—PEP BROTHERS

Juan Tobias	Gerald Holcknecht	Sammy Monical	Christopher Stewart	Pedro Salazar
Jeremy Jones	Luis Valadez	Elston Tatum	Luis Sabogal	Erasmio Lopez
Michael Bush	Chris Jimenez	Jonathan Fearn	Eric Alvarado	Jason Long
Michael Smoltich	Juan Torres	Jesse Diaz	Tywin James	Filiberto Martinez
Pete Ramos	Oliver Lewis	Joshua Sartain	Horacio Zamudio	Adrian Ruiz
Oscar Garcia	Carlos Lopez	Ricardo Martinez	Brandon Fields	Dequentin Herd

What is the "Box"?

- The "Box" is a belief system.
- Living in the "Box" can blind you to the wants, needs, & desires of those people around you.
- The "Box" is self-deception; the inability to see that one referring to the self has a problem.
- The solution to self-deception is adaptability.
- The means to attain an adaptable quality is through remaining teachable, becoming emotionally secure, practicing creativity, & adapting a servant-leader mentality.

Living in the "Box"

- You see yourself and others in a systematically distorted way-others are mere objects

Living out of the "Box"

- You see yourself and others more or less as we are - as people

Contributed by Pete Ramos

QUOTE CORNER

Being entirely honest with oneself is a good exercise- Sigmund Freud

Becoming a man doesn't mean reaching a certain age; it means reaching a certain state of mind- Ashley Berg

A person who never made a mistake never tried anything new- Albert Einstein

We need to internalize this idea of excellence. Not many folks spend a lot of time trying to be excellent - Barack Obama

Contributed by Brandon Fields

THE PUBLIC SPEAKING CHALLENGE: OVERCOMING FEAR



Public speaking has always been one of those things in my life that I have never been comfortable with. I define public speaking as talking to a large group of people, being the center of attention, or just talking to anyone in authority. My biggest problem with public speaking is that I don't want to mess up and make a fool of myself.

Under the pressure of having to speak in public, I suffer all sorts of things-nervousness, rapid heartbeat, sweating, shortness of breath of breath, even blurry vision. I've learned that virtually everyone suffers the same things at first. I get this way right before a visit, at a company meeting, when being introduced to someone for the first time, driving by a police car or any time I get pulled over by the police. I can be doing everything legally and still get nervous when I talk to the police. I want to thank PEP for helping me and giving me the tools to overcome these pressures.

During the first phase of PEP, we had to give our testimony to our class of 150 students. Not only did we have to give our testimony but we are constantly called upon to answer questions. Any time we ask a question or are called upon to answer a question, we are given a mic and we must stand up and introduce ourselves before any response.

One of the goals of PEP is to break you out of your comfort zone - giving us sweet names, making us dance,

even making us lip sync. I even thought of quitting PEP because this is something I never imagined I'd be doing in prison, but I'm glad I hung in



PEP is where we really get tested on public speaking. Participating in Toastmasters has really helped me to develop my communication skills. Toastmasters is an international organization that helps develop leadership skills, public speaking, parliamentary procedure (conducting meetings), listening skills, elocution (that means speaking properly) and creative thinking.

We've had three events so far- Think Tank, Alcon Pitch Panel, and the Venture Capital Panel. At our Think tank event I had seven 10 minute one-on-one interviews with executive volunteers and entrepreneurs. At our Alcon Pitch Panel, I gave my 2½ minute pitch to a panel of 4 execs and entrepreneurs. At our Venture Capital Panel (like Shark Tank) event I gave my 2½ minute pitch to a panel of 7. After all this practice and events, I now feel comfortable when speaking to anyone. My pod holds 56 inmates and we practice our pitches in front of everyone. At first, no one wanted to get in front of everyone and give their pitch, but after a couple of days I found myself getting up there more than once just to get more practice. I never thought I could be a public speaker. I now have self-confidence and it has really paid off for me. PEP has been a blessing to me in many ways.

**By Armando Canales
Pristine 17**

there. Once you have let go of your machismo, your prison mentality, everything becomes easy. Phase II of

THINK: THINGS AND THOUGHTS

- The median U.S. single family home price is now \$196,500
- Despite all the talk and news coverage about electric cars, they make up less than 1% of the car sales market. With that in mind, it's interesting that Tesla Motors now has a higher stock/market valuation than General Motors and Ford Motor Company.
- National Geographic listed, in one person's opinion, the top innovations ever:
 1. Printing Press
 2. Light Bulb
 3. Airplane
 4. Personal Computer
 5. Vaccines
 6. Automobile
 7. Clock
 8. Telephone
 9. Refrigeration
 10. Camera
- Monster.com released the top hard skills employers are seeking. They want computer related skills like quality assurance, structural query language and Java. Knowing another language is also near the top. They also listed soft skills in demand. They include oral and written communication, marketing, Microsoft Office, being detail oriented and problem solving skills. (Note, you are learning these soft skills in PEP).

By Mark Gregulak

WILLPOWER: DO YOU HAVE IT?

Almost every day one of my PEP brothers restores my faith in humanity. This might sound exaggerated, but it's not meant to. Even on the worst news day, when the world seems to be extremely troubled by these recent terror attacks on innocent people, a simple conversation with some other brothers can make me feel more upbeat.

"I have this business idea to open a bike trail riding experience in Germany! My family lives there now and I want to move there when I get out," says incoming phase I participant Nick. "Why do you want to do that?" I ask. "Because I believe this will work over there and maybe I'll open a wing place for those Germans as well. I'm so confident in this plan. I can't wait to get started," he says showing his enthusiasm.

These new participants have an infectious excitement and most are confident they'll have the best business plan in the class.

In prison we hear all kinds of stories. Some are from ex-drug dealers who say they know how to not get caught next time, or PEP graduates with tales of new ideas and reimagined ways of thinking. Currently in phase II we hear about empowerment and innovation, risk and reward. Some ideas are so far-fetched I'm left wondering "how does he plan to pull that off?" Others are so obvious I scratch my head and ask myself, "why didn't I think of that?"

When I talk to those PEP brothers who dream big and optimistically I am not only inspired I am humbled. Infectious optimism is the key here, but there's more to what drives that spirit. It's something far more scholarly than a MBA, an Excel spreadsheet and a double shot of espresso. It's that thing that pushes you to the next level despite setbacks and set-offs, of which we will all eventually encounter. It's that grit that drives Kevin Durant, LeBron James and Russell Westbrook to the basket. It's what compels Connor McGregor to want to fight Floyd Mayweather even though he could get hurt bad. It defies logic. It defies science. It's WILLPOWER.

Through sheer force of will and human spirit, PEP participants breathe life into impossible ideas and they do it form seemingly impossible circumstances. That's what drives change and creates opportunity. That's what we do here in PEP; we make the impossible not only possible on paper but also effective and accessible. Sometimes, and this is especially true for the younger guys and brothers who have been gone for a long time, it takes willpower. In order to cross the finish line you need to rely not on your skill and training but on your sheer will to do so.

Like many of the topics we discuss in PEP, willpower is a soft science. But it can make or break your ability to succeed, to create something sustainable,

to raise capital, generate customers and have lasting impact. Willpower is that inner fire that gets you past the naysayers, obstacles, challenges and inevitable failures. It is your secret weapon. No one can give it to you and no one can take it away. It is yours and yours alone. Use it as you see fit. In PEP we highlight the discipline and resolve necessary to innovate and succeed in the eternally risky world we plan to return to in the near future.

It all comes down to drive which urges us to take risks on our way to triumph, the legal way, and to have a bit of FUN (my favorite of our ten driving values) all tempered by a servant leader mentality along the way. We can now open the floor for questions and comments!



By Christopher Keyes
Pristine 17



myRA: A NEW ROLE MODEL FOR RETIREMENT

Half of all workers- and three quarters of part timers-don't have access to employee sponsored retirement plan like a 401(k). The new **myRA**, was announced by President Obama January 28,2014 is intended to help fill in this gap, helping millions start socking away money for retirement. It became fully available in November 2015.

THE IDEA: **myRA** is a type of Roth IRA account sponsored by the United States Treasury and administered by Comerica. The **myRA** targets workers without employer plans. Like a Roth IRA, the contributions are not tax deductible, but the money

grows tax-free.. Savers fund a **myRA** via payroll deductions, with no minimum investments and no fees.

PROGRAM SPECIFICS: The **myRA** is a "new type of saving bond that we can set up without legislation" guaranteed to have a decent return, by holding an "add-on" Treasury security in a Roth IRA. Contributions are after taxes and lifetime growth is tax free. The maximum annual contribution is \$5,500, including any Roth and Traditional IRA contributions. When a **myRA** reaches either \$15,000 in value or 30 years of age (whichever comes first), it will roll into a private sector retire-

ment account. The initial investment can be as low as \$25, and one can make periodic investments of as little as \$5 every time one gets paid. There is no cost to open an account, and ongoing automatic payroll deductions to fund a **myRA** can be any amount.

WHATS TO LIKE ABOUT THIS BABY IRA: The **myRA**'s investments, modeled after the federal government's 401(k)-like Thrift Savings Plan, emphasize safety, simplicity, and low cost. Those are principals more corporate plans-and individual savers-should embrace.

Contributed by Chris Winfield



WORKOUT MISTAKES TO AVOID

MISTAKE #1

Lacking a Plan

It doesn't matter if you write it on paper, save it in the cloud, or memorize it. Without a plan of action, your session will be half-glute-ee-essed, lack intensity, and deliver few if any, tangible gains.

MISTAKE #2

Neglecting Body-weight Work

Can't do as many push-ups as reps benching your body weight? Do more of the former. "The strongest athletes pound for pound tend to be gymnasts and wrestlers, who can lift their body weight," says Carolina Panthers head strength coach Joe Kenn. "If a guy on our team can do pull ups or chin-ups, we always advise that instead of a machine.

MISTAKE #3

Taking Every Set to Failure

If you do everything to full muscle fatigue, you can limit gains, burn out mentally and get injured. In general take no more than one or two sets per move to failure.

MISTAKE #4

Ignoring Mobility and Conditioning.

These oft-overlooked components are crucial to a well rounded routine. For mobility, try dynamic stretches before lifting, static holds after training and yoga on off days. For conditioning, tack on some HIIT (high intensity interval training) to the end of the workout three days a week or lift-circuit style, one exercise to the next with no rests.

MISTAKE #5

Overemphasizing Anterior Muscles

Overdeveloping "mirror" muscles (pecs, abs, biceps and quads) can lead to imbalances and injuries. "Work on the posterior chain- neck, shoulder capsule, lower back and hamstrings" says Kenn.

Source: Men's Fitness June 2017

CREATINE

- **WHAT IS IT?**
- **WHAT DOES IT DO?**
- **WHAT IS THE BEST FORM?**

There are new products and formulations added to the supplement market every day. However, it is very rare for a product or especially an ingredient to create a noteworthy evolution in supplement performance. Arguably, the greatest leap up this ladder occurred with the advent of creatine supplements in the 1990's.

Creatine, as a supplement, has been widely available since the early 1990's, with the introduction of **CREATINE MONOHYDRATE**. Creatine has proven over and over to be the "real deal" in both legitimate clinical research and bro-science. It's a muscle-building, performance-enhancing supplement that nearly all athletes should use.

WHAT IS IT?

Creatine is a nitrogenous organic acid that occurs naturally in vertebrates. Its main role is to facilitate the recycling of the cellular energy currency ATP (adenosine triphosphate). Creatine synthesis primarily occurs in the liver and kidneys at a rate of about 1 gram a day in young adults. Creatine is also obtained through diet at a rate of about 1 gram per day from an omnivorous diet. Studies have shown significantly lower total muscle creatine in vegetarians than in non-vegetarians- as expected, as vegetables are not a primary source of creatine. Fish, meat and supplements are all excellent sources.

WHAT DOES IT DO?

Creatine is involved in energy production in many tissues. In muscle and brain cells it is converted into creatine phosphate, making sure that ATP is available for short burst of energy; a couple of example would be a 30 second sprint or one set of lifts in the gym. Deficiency of creatine results in poorer results on tests of cognitive function, with improvements of in memory upon supplementation. Studies show that creatine enhances strength, speed and endurance. It can be said that creatine is one of the most studied supplements on the planet. It has also been said that creatine monohydrate is the most effective, safe and well-studied performance-enhancing supplement.

Most important for the bodybuilding community is creatine's ability to increase lean muscle mass and hypertrophy. Supplementation with creatine and protein seem to be ideal for muscle growth.

WHAT IS THE BEST FORM?

With this information in hand, it is clear to see why creatine monohydrate has become so popular. So why change it? In order to keep customers interested in the "latest and greatest" supplements, manufacturers have made many forms of creatine. Creatine malate, creatine



citrate and creatine tartrate have all been marketed as supplements. Other derivatives, such as creatine esters or creatine alcohols have also been marketed.

Interestingly, some companies suggest that these have better absorption characteristics than monohydrate, and therefore you can take less. However, many of these actually have less creatine per gram.

A study published in the *Journal of Strength and Conditioning Research* examined the effects of polyethylene glycosylated creatine (PEG creatine) supplementation on anaerobic performance measures, muscular strength and endurance (bench press and leg extension) and body composition. Significant improvements in lower- body vertical power, agility, and change of direction ability, upper-body muscular endurance and body mass were documented. Additionally PEG creatine showed very little weight gain. This may be of benefit to those that compete in sports with weight classes.

DOSING –HOW TO TAKE CREATINE

Creatine, in various forms, is sold as a stand-alone product. Reading the labels of many products- protein powders, pre-workout and post-workout supplements, etc.- will show creatine as an ingredient.

A typical dosing regimen is 5 grams /day. This is usually preceded by a "loading" phase, for example, 20 grams/day (5 grams/4 times a day) for a week. Creatine has a very short half-life- about 3 hours, so the loading phase creates an environment in which it is not necessary to maintain consistently high blood serum levels. As with most supplements, each person has their own genetic "preset" amount of creatine they can hold. The rest is eliminated as waste.

BE A SMART CONSUMER

It is very important that we all become smart consumers of nutritional supplements and perform our own due diligence before putting ourselves at risk with any supplement. Consider the source of the supplement and the very real possibilities of misrepresentation by the manufacturer. Some of the various creatine salts and modified creatines may be on the market without the approval of the U.S Food and Drug Administration.

IN SUMMARY

Creatine has revolutionized the supplement industry. The combination of creatine, carbohydrate and protein is an essential component of any mass-building routine. Creatine monohydrate is the gold standard, and the most economical, but other forms of creatine have their place in the market. Most importantly, creatine monohydrate, the most scientifically researched form of creatine, is safe and very effective for bodybuilding and sports performance.

By Chris Winfield
Source: Muscular Development,/ Various

Critical Thinking

Critical Thinking is a recurring column with the express purpose of fostering critical, logical thinking. Opinion and Argument are welcome here- If you feel you have something to contribute, please do.

The Woozle Effect

The **Woozle Effect**, also known as **evidence by citation**, or a **woozle**, occurs when frequent citation (reference) of previous publications that lack evidence misleads individuals, groups and the public into thinking or believing there is evidence, and non-facts become urban myths, fake news and factoids.

A woozle is an imaginary character in the book **Winnie-the-Pooh**. In chapter three, "in which Pooh and Piglet Go Hunting and Nearly Catch a Woozle", Winnie-the-Pooh and Piglet start following tracks left in the snow that they believe belong to a woozle. The tracks keep multiplying until Christopher Robin explains to them that they have been following their own tracks in a circle around a tree.

The creation of woozles is often linked to the changing of language from qualified – "it might", "it may", "it could", to the absolute "IT IS".

"Everyone knows...", "It is clear that...", "It is obvious that...", "It is generally agreed..." are terms that should set off alarm bells that **there might be a Woozle in the house!**

'TRUE'

Urban Legends

- **Bunny Man**
- **The Hook**
- **Blue Star Tattoo Legend**
- **Bloody Mary**
- **The Licked Hand**
- **The Spider Bite**
- **Vanishing Hitchhiker**
- **Chupacabra**
- **Slender Man**
- **Black Dog Ghost**

Truthiness: a quality characterizing a "truth" that a person making an argument or assertion claims to know intuitively "from the gut" or because it "feels right" without regard to evidence, logic, intellectual examination or facts. Named the 2005 Word of the Year by the American Dialect Society and for 2006 by Merriam-Webster.

Editor's note: The opinions and conclusions expressed herein are solely those of the author, drawn from decades of observation and contemplation.

Dial Whine-One-One and Call the Waa-Bulance: I Want My Gun Rights Back

Here's the scoop **ACCORDING TO FEDERAL LAW, AND IT OVERRIDES EVERYTHING:**

Title 18.922 USC - - firearm possession is prohibited for

(d) .1 Anyone under indictment for, or has been convicted of a crime punishable by imprisonment for a term exceeding one year

(d) .9 Anyone convicted of misdemeanor domestic violence

What is a firearm? Funny you should ask. According to **Title 18.921.3 USC** : The term "firearm" means (a) any weapon (including a starter gun which will or is designed or may be readily converted to) that can expel a projectile by the action of an explosive. Such a term **does not include** an "antique " firearm.

What is an "antique " firearm? **Title 18.921.16 (a)** sez: any firearm (including any firearm with a matchlock, flintlock, percussion cap or similar ignition system) manufactured in or before 1898 or (c) any muzzle loading rifle, shotgun or pistol designed to use black powder or black powder substitute.

What Big Tex Says

Texas Penal Code Title 10 Chapter 46.04 unlawful possession of a firearm

(9) A person who has been convicted of a felony commits an offense if he possesses a firearm if

(1) after conviction and before the 5th anniversary of the person's release from confinement following conviction of the felony or the person's release from supervision, whichever is later

(2) after the period described by subdivision (1) at any location other than the premises at which the person lives

Herein Lies the Conundrum For All

You Would-Be Pistoleros: Big Tex Says "OK", BUT Uncle Sam Says "SMASH EM". Who Wins? Uncle Sam, of Course

Trigger Happy

"Can't possess anything with a trigger" Right? Wrong. **Chapter 46.04** prohibits possession of body armor by felons and **Chapter 46.05** describes prohibited weapons- clubs, knives with blades over 5 1/2 inches, swords etc. **RELAX; USING A GLUE GUN TO HELP YOUR 6 YEAR OLD WITH THEIR SCHOOL PROJECT WONT PUT YOU BACK IN THE CAN. THE ATF WONT BE COMING AFTER YOU FOR FRAMING A HOUSE WITH A NAIL GUN EITHER. CROSSBOWS ARE NOT LISTED. TRIGGERS ARE NOT LISTED .**

Manipulating The System

"They denied me- For *manipulating the system!*" Being new to TDC, I first heard this in county jail waiting on the chain. I have yet to see it on any, official or otherwise, TDCJ document. The parole board "scorecard" gives credit for being disciplinary free. State (any state) prison system procedures have to, at some level, pass constitutional muster. Disciplinary and parole in particular. If this exists it is ripe for litigation under the *Equal Protection Clause of the United States Constitution*. Get after it, all you brilliant legal minds (hint: It is part of the **14th Amendment**). In the three years I've been a guest of Texas, every credible prisoner says it doesn't exist. I knew a man at my last unit that short-way'd a 99 (33 years, locked up since '84) in January. He laughed at the whole idea of it. I'll take his word for it. Critical thinking? Yup.

The Texas Chainsaw Massacre

I knew Leatherface at the Walls: He's that dude that serves the scoop of peanut butter in the meat free line!

Everybody has heard this one: "I saw Leatherface at the Walls" or " My

cousin was Leatherface's celly" or ... Blah Blah Blah. No you didn't. No he wasn't. Let me 'splain-

The Texas Chainsaw Massacre is a 1974 horror film directed and produced by Tobe Hooper, who co-wrote it with Kim Henkel. Although it was marketed as a true story, *its plot is entirely fictional*; however, the character of Leatherface and minor plot details were inspired by the real life crimes of Ed Gein.

Ed Gein, known as the Butcher of Plainfield (Plainfield, Wisconsin) was a murderer and body snatcher, committing his crimes near his hometown in the early 50's. In 1968 he was found guilty, but legally insane. He inspired many horror movies, including Psycho, Silence of the Lambs and others.

Hooper, a UT film student at the time of production, cited changes in the cultural and political landscape of the late 60's and early 70's as central influences on the film. His intentional misinformation, that "the film you are about to see is true", was a response to being "lied to by the government " about Watergate, the 1973 oil crises and Vietnam.

Co-writer Kim Henkel: "I definitely studied Gein... but I also noticed a murder case in Houston at the time, a serial killer named Elmer Wayne Henley. He was a young man who found victims for an older man".

The primary filming location was an early 1900's farmhouse located on Quick Hill Road near Round Rock, where the La Frontera development is now located. The house was eventually relocated to Kingsland, Texas and restored as a restaurant.

So, no, Leatherface isn't at the Walls. Apply the good old critical thinking litmus test- Texas is a state that has executed the mentally retarded, juveniles, drunks and drug addicts. Think a cannibal that killed dozens with a chainsaw is gonna be running around general population? Stop it.

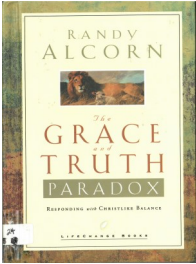
The Grace and Truth Paradox

Responding With Christian Balance

Randy Alcorn

Life Change Books

Available in the PEP Library



Paradox: *A statement that seems to conflict with common sense or to contradict itself but that nevertheless may be true*

Let me try to explain this word paradox with my own life. Here goes. God Almighty called me in my

weakness- of which I am very weak. He can be my strength. Consider the following statements, which conflict with common sense: You have to die in order to live. You have to be last in order to be first. The church is both a body and a building. And God called me in my weakness in order to be my strength.

Grace and Truth is beautifully written with truth flowing like the living waters and grace raining like a summer shower, that equally envelops us in a balanced cascade. Whether or not you are a Christian I would strongly suggest you read this book. Specifically because in the world and here in prison a preacher or pastor will frequently teach that “the wages of sin is death”(Romans6:23a). However, they often-times fail to emphasize the paradoxical remedy to this problem that is stated in the second half

of the verse “but the gift of god(grace) is eternal life through Jesus Christ our Lord” (Rom 6:23b). Truth without grace is not truth at all, for one cannot exist without the other. People need to hear the truth seasoned with grace.

No matter what we believe at this time in our life, the Truth remains the Truth. We cannot change it despite what we believe. However, the truth can change us if we believe it to be the truth. Its grace that will allow you to come to the truth and accept it. The truth will reveal how much we need grace. Randy Alcorn says “we don’t need grace or truth. We need grace and truth. And for people to see Jesus in us, they must see both.

Reviewed by Art Santana

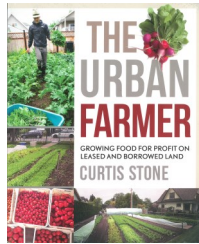
The Urban Farmer

Growing Food For Profit On Leased And Borrowed Land

Curtis Stone

New Society Publishers

Available at www.newsociety.com



MAKING A LIVING WITH INTENSIVE FOOD PRODUCTION IN SMALL SPACES

There are 43 million acres of lawns in North America. In their current form, these unproductive expanses of grass represent a significant

financial end environmental cost- but they can also be seen as a tremendous source of opportunity. Access to land is a major barrier for many people who want to enter the agricultural sector, and urban and suburban yards have a huge potential for would-be farmers wanting to become part of this growing movement.

With only a small capital investment, and without the need to own land, you can become part of this growing movement. *The Urban Farmer* will help you learn the crops, techniques, and business strategies you need to make a good living growing food intensively right in your own backyard.

Growing food in the city means that fresh crops may travel only a few blocks from field to table,

making this innovative approach the next logical step in the local food movement. Based on a scalable, easily reproduced business model, *The Urban Farmer* is your complete guide to minimizing risk and maximizing profit by using intensive production, and making a good living growing high-yield, high-value crops right in your own backyard- or someone else’s!

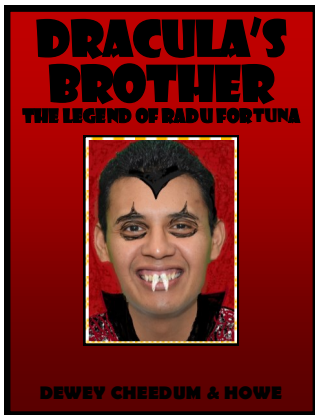
Curtis Stone is the owner/operator of Green City Acres, a commercial urban farm growing vegetables for farmers markets, restaurants and retail outlets

Reviewed by Zach Price

DRACULA’S BROTHER: THE LEGEND OF RADU FORTUNA:

Dewey Cheedum & Howe

Available in the General Library



Everyone has heard of Dracula, the fictional vampire made famous by Bram Stoker in his 1897 Gothic horror novel of the same name, featuring the character of **Count Dracula**. The novel tells the story of Dracula’s attempt to

move from **Transylvania** to England so that he may find new blood and spread the undead curse.

The name Dracula was the patronym (Draculea) of the decedents of Vlad II of Wallachia, who took the name “Dracula” after being invested in

the Order of the Dragon in 1431. In the Romanian language can either mean “the dragon” or, especially in the present day, “the devil”.

Popular attention has been drawn to the connections between the historical Transylvanian born **Vlad III** of Wallachia and Stoker’s **Dracula**. During his main reign (1456-1462) “**Vlad the Impaler**” was said to have killed over 100,000 European civilians, mostly by impalement. Vlad III is revered as a folk hero in Romania for driving off the invading Ottoman Turks, of whom his impaled victims are said to also exceed 100,000.

Radu Fortuna (cel Frumos in Romanian), also known as Radu III the Fair, Radu III the Beautiful and Radu III the Handsome, was the younger brother of Vlad Tepes and prince of Wallachia. They were both sons of Vlad II Dracul and his wife, Princes Cneajna of Moldavia.

Both boys were sent to the Sultan of the Ottoman Turks, to serve as hostages of his loyalty. Little is known of what actually happened there; However, what is known is disturbing- Vlad became what would be latter known as Dracula, and Radu become a beast known to suck the life out of his perceived enemies.

Radu had a much longer, more successful life- his devilish proclivities were kept hidden from the public—and he was adored by his people.

His decedents can be best described as living “Forrest Gump- type” lives- consistently appearing and contributing to famous world events.

Most interestingly, the author has traced the last known decedent of Radu Fortuna to the panhandle of Oklahoma, USA. **Bensalado**, “**Black Benzo**” **Fortuna**, a little known hip-hop artist, had a moment of success with the tune “They Call Me Black Benzo” in 2011. The author’s attempts to locate and interview Mr. Fortuna proved fruitless. His childhood friends and neighbors have described him as “a moody dude, man”, “bebé sustantivo” and advise “keep him away from your goats”.

This last has led to speculation that “Black Benzo” may be the source of the **Chupacabra** myth and legend.

This book is a must read for both cryptobiologists and enthusiasts of the Vampiric/ Dracula legends.

Reviewed by Chris Winfield- Editor in Chief