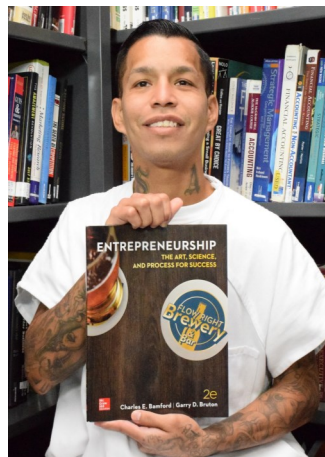
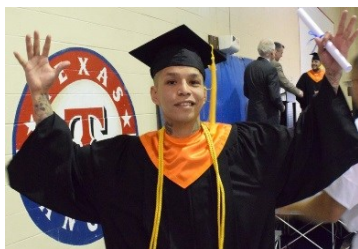




**Reginald Lennon**  
Fitness Corner



**Brandon Crocker**  
Oilfield Careers



# IN MEMORY OF

# ANGEL HERRERA

November 4, 1984 - July 27, 2017

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## PRISTINE '17 PITCH PANEL EVENT

The August 11<sup>th</sup> Pitch Panel Event may have been the best yet of Pristine '17. Over 60 Executive volunteers were expected and close to that showed up. It was a packed house.

The six "room winning" pitches were delivered to the panels made up of executive volunteers from the original pool of 51 PEP participants.

The two top scores were achieved by Christopher Stewart and David Watts. They performed their pitches in front of the entire PEP room— the Participants, Executive Volunteers and In-house staff.



Four PEP graduates- Mark T., Marco P., Roy H. and Marcus E told of their post-release trials, tribulations and ultimate successes.

Bob C. and Brian S. movingly shared their experiences of attending the memorial and funeral of our PEP Brother, Angel Herrera, who recent-

ly passed away.

The executives, volunteers and students listened diligently to the pitches and offered comments, advice, criticisms and accolades verbally and on the response sheet but genuinely cared and were totally engaged. As always, I hope we all realize what a gift this program is and truly appreciate those who give their time to us. Without them, PEP could not, would not exist!

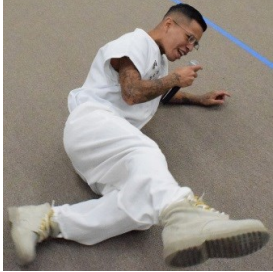
**Chris Winfield** - Editor in Chief  
**Cameron Gilliland** - Editor  
**Mark Gregulak** - Staff Writer

# ANGEL HERRERA — REST IN PEACE



I AM VERY THANKFUL TO HAVE BEEN ABLE TO SHARE MY LIFE WITH ANGEL HERRERA THROUGHOUT MY JOURNEY IN PEP. ANGEL ALWAYS HAD A STRONG AND OUTGOING SPIRIT...AND I LOVED THE JOY HE WOULD BRING INTO MY LIFE JUST SIMPLY BY BEING AROUND HIM.

Ricky Ortegon Jr



I HAD THE GREAT PLEASURE OF SEEING ANGEL GROW. HE IS LOVED, HE IS MISSED, AND WE ARE PRAYING FOR HIS FAMILY.

Luis Sabogal

IT WAS AN HONOR AND A GREAT EXPERIENCE GOING THROUGH CLASS WITH ANGEL HERRERA. HE WILL BE MISSED. EXTREME '17

Reuben Vasquez

YOU ALWAYS SEEMED TO HAVE A SMILE AND A GOOD ATTITUDE. I GUESS NOW YOU GET TO BE A REAL ANGEL

Mark Cole

I AM GOING TO MISS THE FASTEST MAN ON THE BASKETBALL COURT, BUT HEAVEN NEEDS YOU. REST IN PEACE-YOY WILL BE MISSED.

Brandon Fields



WE ARE ALL GOING TO MISS OUR BROTHER ANGEL. HE WILL ALWAYS BE EXTREME '17 AND WE WISH YOU WERE STILL HERE WITH US ALL. WE ALL HOLD YOU IN OUR HEARTS AND WILL NEVER FORGET YOU.

Jesse Diaz

ANGEL WAS A VERY GRATEFUL PERSON FILLED WITH INNOVATION AND WILLING TO HELP OTHERS. HE WILL ALWAYS BE REMEMBERED AS OUR PEP BROTHER. EXTREME '17

Juan Tobias

ANGEL WAS A REALLY GOOD PERSON, AND I KNOW HE'S IN A BETTER PLACE.

Jonathan Johnson

ANGEL HERRERA WAS ONE OF THE MOST DEDICATED MEMBERS OF PEP AND LEFT PEP A BETTER PLACE. HE WILL BE MISSED.

Zach Price

I WILL NEVER FORGET ANGEL'S SMILE.

David Dawkins

I LOVE YOU WITH ALL MY HEART, LITTLE BUDDY- YOU WERE SO HUMBLE AND TAUGHT ME SO MUCH IN

THE TIME WE SPENT. YOU ARE GREATLY MISSED AND WILL NEVER BE FORGOTTEN.

Love, Joey C

ME AND ANGEL HAD A BIG BROTHER-LITTLE BROTHER RELATIONSHIP. WE CAME TO PEP TOGETHER SEEKING THE SAME THING, TRANSFORMATION. OUR RELATIONSHIP GREW STRONGER AS WE PROGRESSED THROUGHOUT THE CLASS. ANGEL HAD A GREAT HEART. MY BROTHER COULD MAKE ANYONE SMILE WITH HIS SENSE OF HUMOR. HE LOVED MAKING ME MAD AT LEAST ONCE A DAY- THAT WAS SOMETHING HE PRIDED HIMSELF ON- GETTING A REACTION OUT OF ME. YOU ARE DEEPLY MISSED BROTHER, BUT FOREVER REMEMBERED.

Henry Tolliver

## RIP ANGEL YOU WILL BE MISSED



### PITCH PANEL cont.

That the Pristine '17 class did a fantastic job with their presentations. A few rough patches, but that's to be expected. A 7 to 12 minute pitch, memorized, is quite a feat. Everyone take a bow as you represented your selves' very well.

The event coordinator, Oscar Garcia, the media team, the utility squad and everyone involved



worked, as always, so effectively, efficiently and seamlessly; they continue to make our events a thing to be proud of.

The Business Plan Competition and graduation are only a month away! Time flies. Good luck gentlemen.

By Chris Winfield



# WILL YOUR PRODUCT OR IDEA SELL?

Everyone at one time or another has what they think to be a million dollar idea. They have a product, a service or idea that will change the world. Or, you can take an existing service or idea and add a new twist to it to upend the industry. Companies like Airbnb (hotel industry), Uber and Lyft (taxi and car ownership), Amazon (buying habits) or Dollar Shave Club (men's razor blades) are known as disrupters as they have each changed the dynamics of those particular industries.

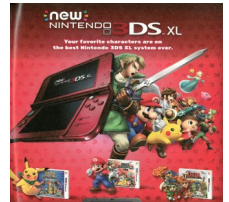
Adjacent is a list of products that are iconic in American society. Listed is the number of single unit sales each has had. Can your product idea make this list someday?

## TOTAL SALES OF PRODUCTS:

| ITEM                | # SOLD      | YRS ON MARKET |
|---------------------|-------------|---------------|
| 1. Apple I-phone    | 1.2 Billion | 10            |
| 2. Barbie Dolls     | 1 Billion   | 60            |
| 3. Zippo lighters   | 600 Million | 85            |
| 4. Rubik's Cube     | 450 Million | 39            |
| 5. Nintendo Gameboy | 410 Million | 28            |
| 6. Sony Playstation | 400 Million | 21            |
| 7. Sony Walkman     | 250 Million | 32            |
| 8. Toyota Corolla   | 125 Million | 52            |

The Corolla is the world's best-selling car. The I-Phone, in only 10 years, has generated over \$800 billion in revenues for Apple. So, what's your idea?

By Mark Gregulak Source: Wall Street Journal



## REAL ESTATE

As part of the "ABC" class discussion we presented information concerning real estate and how to purchase investment properties. Please understand that in order to actually purchase the properties you need **CASH**. Not credit, not a loan, and not a down payment; the **FULL** auction price of the property in **CASH**. Here's what to do:

**"Super Tuesday"** – Every first Tuesday at every county courthouse in the state of Texas, properties that have been foreclosed on due to unpaid back taxes are auctioned off on the courthouse steps. These are properties that are sometimes sold at a fraction of the appraised value and can be flipped to make a hefty sum of cash. Before the first Tuesday sale, sometimes a week or two in advance, there will be a listing of properties that are to be auctioned off. This gives you the chance to go physically look at the property **and** acquire the appraised value of the home from the **county appraisal district** the home is located in.

**County Appraisal District** – The appraised value is public record - do a search on a property to get its appraised value (may be subject to a small fee). Note: if the recorded appraised value of the home is older than (10) years the appraised value is most likely **NOT** accurate and you should have the home re-appraised.

**"Sight Unseen"** – These are properties that are auctioned off without any advance notice. These can be worth a tremendous amount more than the price that they actually sell for during

an auction. The key with these properties, as with any investment, is to minimize risk. Investors are generally more keyed in to the properties they have researched because they know from the appraisal and from inspecting the property how much they need to invest to



turn a profit. Purchasing a "sight unseen" property can be very risky but also very profitable.



**Capital Needed?** – This depends on how much you can come up with, but remember you are bidding against investors – people with available cash. The best advice is bid on a property you can turn a profit on but not priced so high that you have no chance of even getting the property. For example, if you can buy a house for \$25,000 and it has an appraised value of \$35,000 and you can put \$5,000 in for the re-

model then you will realize a \$5,000 profit. An old real estate rule-of-thumb is "buy a \$250,000 house in a \$300,000 neighborhood"- not the reverse. Even though there is small profit to be made, it probably isn't large enough to capture an investor's attention. If you do this ten times, you have \$50,000 profit to play with. Some research on your part on a **1031-Exchange** will teach you how to reinvest the profits tax-free. That was a hint by the way.

### Advice:

Investing in real estate to make money isn't easy despite what the media-"Flip This House", "Chip and Joanna Make a Million"- would have you believe; if it was everyone would be doing it. But it can be done with a lot of effort and brain power. I encourage you to draft yourself a "growth model" as I like to call it. One that starts with something relatively inexpensive like ATVs (4-wheelers, jet-skis, etc.) , buy low, fix them up and sell for a profit. Then, move up to RVs (travel trailers), then to small mobile homes, then to large mobile homes, then ... well you get it. The point is to **grow** your cash and don't forget the 1031-Exchange. You can easily draft yourself a 20-year "growth plan" that can provide you with a \$3 million nest egg but only **IF** you put in the time, effort and the very hard work needed to capitalize in the profitable real estate industry. Good luck!

By Brandon Crocker



## WHERE THE JOBS ARE

The Shale/Oil boom has benefited Texas in a multitude of ways, with jobs, population growth and robust local and state economies among other things. PEP is also benefitting as we now have a connection in the industry and is starting to feed newly released PEP members into the industry for various oil field jobs.

Now companies are figuring out how to profit in other ways off the oil boom. The biggest benefactor may be the plastic industry. Byproducts of oil and gas are used to make plastic pellets. These pellets are then used to make a myriad of plastic products. Look around you, plastic is ubiquitous.

The plastic industry currently has a

staggering \$185 billion of projects that are in current construction or in the planning stage. Another staggering statistic is that last year monies spent

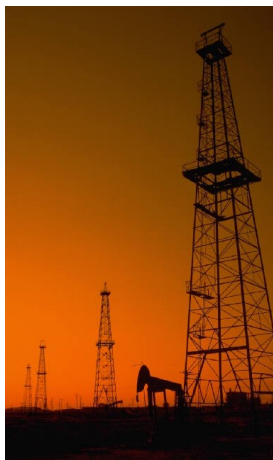


on chemical plants for plastic manufacturing accounted for half of all capital investment in manufacturing in the United States. In less than ten years it is expected to add \$294 billion to the US economy and produce over 450,000 jobs.

With the large portion of the oil, gas and shale production right here in Texas, many will benefit from plastics. The port of Houston currently cannot handle the deluge of plastic pellets that need to be shipped around the world. Train loads of pellets have to be shipped off to the west coast, the port of Long Beach, CA, to handle the demand.

Plants are springing up all along the Gulf in and around Houston. Will you as an entrepreneur have an idea to piggyback on this wave? Or, at least spiff up your resume to land a good paying job in the industry.

By Mark Gregulak



## THE OILFIELD

The “Oilfield” is a generic term used to describe the total operations of drilling for oil and/or natural gas, the extraction and completions process and the refining process. However, the “oilfield” is not so generic after all, but rather it is made up of separate and independent operations to achieve the total overall goal of supplying consumers with a usable fuel and petroleum product. In this document I am going to provide you with some information that will hopefully help you gain employment in the oil industry and understand the most sustaining operations in an economic downturn

### Economics of the industry:

When the price per barrel of oil drops it is usually due to one of two reasons; 1) a foreign supplier has introduced a sizable quantity of oil into the market or 2) the demand for oil products, including gas has dropped (unlikely, although that has happened in recent times with China and India). When the price of oil per barrel has increased the opposite is usually true. It is important to understand that because the per-barrel price has decreased it does not necessarily follow that those employed in the oilfield will be laid off. It just means that there is a change on what economists call the supply/demand curve. The reason there are layoffs is because

normal profits can't be realized and the oil companies will hold off introducing their commodity into the market in order to manipulate the cost. In other words, pull back supply so demand pushes the price back up. The sector of the energy industry hit first and the hardest is drilling operations.

In an economic downturn **drilling operations** are the first to go. We call



this “stacking the rigs”, meaning just that. They are stacked up in the company yard somewhere, unused. The flipside to that comes in the hydraulic fracturing completions process, or simply “Fracking” (frac for short). For those in the Frac sector the jobs are more sustainable; this is because the price of the chemicals used in the frac process gets cheaper. This is a result of the economics of the business. It becomes cost-efficient to frac during downturn and store oil in reserves or sell at a reduced, but still profitable rate. I always advise those

who are seeking entry-level employment in the industry to get into Fracking because of its sustainability and quite frankly it is much easier work when compared to tripping pipe on a drilling rig. So how do you get into the frac side?

### Getting a job in Fracking:

The first thing to know is what actually makes up the frac job. I'm going to cut some of the technical details and tell you the details that apply to the entry-level candidate. It is advisable to abandon any delusions of going to work for Halliburton, Schlumberger or Baker Hughes and seek employment with a third-party contractor in one of the following areas:

- Water Transfer
- Sand Coordinator / Sand Hauler
- Wireline

Note: I won't list specific companies for you to seek employment with; Google and LinkedIn.com are great places to start.

### Advice:

These are your best options - they hire felons at most companies that provide these services. Its' imperative you apply on RigZone.com and create a LinkedIn.com profile. Good Luck! I'll be happy to answer any questions

By Brandon Crocker

**WHERE THE JOBS ARE cont.**

# NON-DESTRUCTIVE TESTING

**Non-Destructive Testing (NDT)** is a very lucrative field that involves the testing of metals to ensure that certain defects are not present in the material. There are various ways in which one may enter the NDT field. Compensation ranges from \$18 to \$100 per hour depending on the NDT level of the inspector and the test performed.

**Inspection Levels:**

- **Level 1 inspector (entry-level)** – requires <=250 hours of recorded inspections
- **Level 2 inspector** – requires >250 hours of recorded inspections
- **Level 3 inspector** – requires professional certification and extensive hours and years of recorded experience (usually as part of the AWS American Welding Society CWI program)

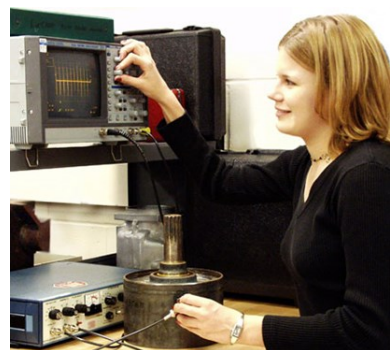
**Common NDT methods:**

- **Liquid Penetrant Testing (PT)** – aka “dye test” – used to check for cracks, porosity, etc.
- **Leak Testing** – used to check for pressure leaks
- **Mag-Particle Testing** – used to check for cracks etc.
- **Hydrostatic Testing** – used to verify pressure hold times in pressurized vessels
- **Visual Testing** – used to visually inspect welds to ensure they are defect-free

**Ways to enter the NDT field:**

It is best to seek employment with a company that uses NDT as part of their industry practice(s). Generally, NDT is performed as a code require-

ment dictated by the **Code of Federal Regulations (CFR) Section 49** and is part of any quality management system. It is most prevalent in the metallurgy fields i.e. welding, structural steel, pressurized vessels, and rail cars. After you are sure that you wish



to pursue a career in the NDT, you may seek to obtain national certification.

Here are some companies that hire felons and are great for entering the NDT field:

- Trinity Rail Car – East Texas and elsewhere in Texas **\*\*\*This should be your first choice\*\*\***
- Trinity Barge – Houston, TX and elsewhere in Texas
- Trinity Wind – Texas
- BorgWarner – Texas
- Norris Cylinder – East Texas
- Patterson UTI – East Texas
- Any manufacturing facility that produces metal products and has a quality assurance department

**Advice:**

As soon as you are released create a **LinkedIn.com** profile and establish yourself as someone seeking NDT experience. LinkedIn has a “one-click” feature that allows you to apply for a job with one click – provided you have completed the resume on the website. It is relatively easy to get a job in this enjoyable and rewarding field - make the effort and put in the time to go get it. Don't settle for less than you're worth. If you expect a \$9 per hour job and that's what you look for then you will get a \$9 per hour job, but if you expect an \$18 per hour job and that's what you look for then you will get an \$18 per hour job. I promise it is that simple. **DON'T SETTLE FOR LESS THAN WHAT YOU FEEL YOU ARE WORTH- NO MATTER WHAT ADVICE YOU ARE GIVEN!**

By Brandon Crocker



**Submission Policy**

The PEP Chronicle actively seeks submitted content- articles (original or to- be- reprinted), applicable current event stories, profiles and Op-Ed pieces.

In the business world, written communication skill are every bit as important as verbal- We have Toastmasters to develop the one; The PEP Chronicle can provide oppor-

tunity to work on the other.

**Written submission to be between 150 and 500 words**

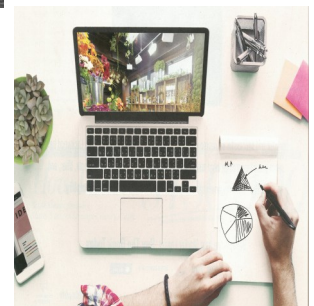
**Material can be edited for content and/ or length at the discretion of staff.**

**Content should be in line with PEP's stated aims and goals**

**Opinion pieces are just that- opinions- and are welcome. Just don't**

**be that guy who rants offensively and incoherently**

**Submission does not guarantee acceptance. Content is reviewed for suitability by Chronicle staff as well as PEP management in Houston. Don't get your feelings hurt if you do not have your work printed. Try again.**



## COMMUNICATING WITH MORE THAN WORDS

A big part of the PEP program is your business pitch. There's the two-minute pitch and the 7-to-12 minute pitch. As you write your pitches, practice your pitches and deliver your pitch to the executives, volunteers, PEP personnel and your classmates understand how your message is interpreted.

People process communication in three ways. Understanding these three aspects of communication will help you in your pitches, public speaking and just regular conversations with others. Even if you are a clever linguist people are paying attention to other things than just your words.

- **55% BODY LANGUAGE**
- **38% TONE OF VOICE**
- **7% WORDS WE HEAR**

By Mark Gregulak

## 5 TIPS TO DELIVER A PITCH INVESTORS CAN'T TURN DOWN

### 1 KEEP IT SHORT

A brilliant idea means nothing unless you can distill it down to a few moments of sheer power. The more concise you can be, the more effective you will be. If the investors are interested, they'll ask questions. If they're not, then you will have saved them (and yourself) some time

### 2 TURN YOUR PITCH INTO A STORY

Storytelling is a scientifically-proven way to capture a listener's attention and hold it. Investors are bored with spreadsheets, valuations and numbers. If they want that information, they can get it. Instead, offer the story and pathos behind your startup. Everyone loves a good story, even the most data driven investor.

### 3 EXPLAIN YOUR REVENUE MODEL

Great products don't sell themselves. You sell the product. Investors

have to see an airtight strategy for getting the product to market. Most venture capitalists are well aware of the advantages of digital marketing and won't take a second glance at a product that isn't backed by a tactical plan.

### 4 MARKET IT

It's essential that you spread the word about your company. You can create a brand identity and develop a marketing campaign that works--without spending a fortune. However, an investment of your time is required.

### 5 SHOW THEM THE EXIT

Here's the clincher on a killer pitch: an exit strategy. Startstruck startups usually overlook this critical component when they're pitching. They're so sold on their product that they can't conceive that there will ever be an exit

By Chris Winfield

## CHECKLIST FOR PREPARING A PRESENTATION

1. DETERMINE THE GOALS OF THE PRESENTATION
2. CONSIDER A CASE- OR PROBLEM-CENTERED APPROACH
3. IDENTIFY A WAY OF STARTING THE PRESENTATION THAT WILL GRAB THE AUDIENCE
4. MAKE AN OUTLINE
5. STRUCTURE THE SESSION IN A LOGICAL WAY
6. INCLUDE DIVERGENT VIEWPOINTS OR ISSUES
7. BREAK THE MATERIAL INTO SHORT SECTIONS TO FACILITATE QUESTIONS AND DISCUSSION
8. CREATE TRANSITION SLIDES TO HELP THE AUDIENCE MOVE FROM ONE SECTION OR POINT TO THE NEXT
9. BUILD IN VARIETY, SURPRISE, OR CHANGES OF PACE
10. DON'T OVERWHELM THE AUDIENCE WITH INFORMATION- MAKE EACH SLIDE COMPREHENSIBLE, SIMPLE, AND TIED WITH A THREAD THROUGHOUT THE PRESENTATION
11. PREPARE FOR UNEXPECTED EVENTS AND NEEDED CHANGES
12. IDENTIFY AND MAKE ARRANGEMENTS FOR AUDIO-VISUAL AND OTHER RESOURCES
13. TEST THE PRESENTATION EQUIPMENT BEFORE THE AUDIENCE ARRIVES
14. MONITOR THE TIME
15. DEVELOP A STRONG CONCLUSION RELATED TO THE PRESENTATION CONTENT

By Chris Winfield

# DISCIPLINE YOUR DAY

## Efficiency tips from the CEO who put FITBIT on your wrist.

James Park lives by the clock. To go toe-to-toe with behemoths like Apple and Under Armour in the wearable fitness market, Park, 39, manages every minute with ruthless intention. Hard to believe for a guy who came up with the idea for Fitbit while lying on his sofa. Park grew Fitbit from two guys in an apartment in 2007 to a \$3 billion company with more than 1000 employees today. He jumped into the deep end of the American startup culture and learned to swim. Boost your own productivity by adopting Park's brand of daily discipline.

### 1/Address Your Anxiety

To face a high-stress situation-like a major presentation- Park utilizes a technique known as exposure therapy. Basically, you desensitize yourself to the object of your fear by gradually ramping up your exposure to it. Park practiced his IPO speech almost 100 times. Start with no audience and then build up to a room full of colleagues. *Sound familiar?*

### 2/Speed Up Meetings

Some meetings at Fitbit last just 20 minutes and none of them last longer than 50. Park prefers that a clean-cut

agenda be set ahead of time, which ensures efficiency. "Cutting down on the number and length of meetings makes people think about which meetings are valuable," he says.

### 3/Peer- Review the Pitch

Nothing diminishes the luster of a brilliant idea like a long, confusing explanation. "It's all about clarity and brevity," says Park, who bootstrapped his startup by sweet talking investors. The keys: First get outside of your own head. Review your pitch with multiple colleagues to make sure it's clear and easy to comprehend. *Pitch Panels, Anyone?*

### 4/Prevent Procrastination

Park admits he tends to put things off, so he's learned how to deal with it. "One way is to have aggressive deadlines," he says. A fast pace has several benefits: It helps team members hone their skills and demands creative thinking and problem solving. To stay on track, create mini deadlines for segments of larger projects, and bake in the evolution, with deadlines for an initial draft, a run-through and a final draft. *Project Management 101*

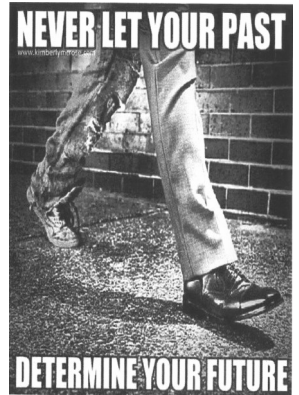
### 5/Make Exercise Count

Target the bottom line- and your waistline - with efficient workouts. Park says he maximizes his sweat-time with all-out effort as often as possible. "I run for 10 to 20 minutes and then do 10 to 15 minutes of calisthenics- push-ups, pull-ups things like that," he says. Throw in walking to work, which he does as often as he can, and it's easy to understand why the man is in the best shape of his life.

### 6/Unplug Strategically

Schedule time to think. It sounds obvious, but who really does this, and when was the last time you saw that on an Outlook calendar? "Time for reflection is important because in meetings you're in react mode", Park says. To focus on real priorities at work and in life, Park puts on headphones and listens to music for 30 minute walks along the San Francisco Bay trail. "Thinking about the long-term vision for the company- I can really only do that when I have time for myself.

By Chris Winfield  
Source: MensFitness



## PERSONAL GOAL SETTING

We have all heard about the value of setting goals. However, many of us still have not taken the time to write out our personal goals. What is it about goal setting that makes it so difficult to want to set a physical reminder of the man we want to become? Is it the idea that we are not sure about who we are? Or is it simply that by defining our desires we set ourselves up for failure? In all honesty it is a little bit of both.

It is human nature to fear failure. For many of us it goes all the way back to the early stages of our childhood. Our parents are the earliest purveyors of this facet of belief. They would reward us for those A's and B's on our report cards, and punish us for the D's and F's. As we grew older we are con-

stantly told about our failures, whether it be by our classmates or colleagues. Then, as an adult we begin to measure our failures by the achievements of others. As humans we are constantly comparing ourselves with those that we look up to.

It is because of these universal comparisons that we need to have our goals written out. Psychologists have proven that people who write their goals out have a better chance of achieving them and therefore achieving their own personal level of success. Research has shown that over a fifteen year period following 100 people the following statistics emerged:

73 of those people had no established goals and therefore had only average

success over the time period.

17 had goals in mind but not in writing and were making approximately two times the amount of those with no goals.

The remaining 10 people had goals both in mind and in writing and were making approximately 10 times the amount of those who had goals yet not in writing.

These simple yet shocking results should be enough to have each and every one of us both thinking and writing out our personal goals! So again I ask what is stopping you from writing down and achieving your ultimate success?

By Justin Whitaker



# KNOW THY BODY

**ECTOMORPH**



Closely related to genetics is the topic of **SOMATYPES**. One method of classifying body types is to use Dr. William Sheidon's three-category system. The categories are

- **Ectomorph,**
- **Endomorph.**
- **Mesomorph**

**Ectomorphs-** The ectomorph is characterized by long, thin bones. Ectomorphs tend to be taller, with narrower shoulders than persons of the other two categories. Because of their low levels of body fat, ectomorphs are routinely described as skinny. As ectomorphs have trouble gaining muscle mass, they should keep workouts short. Perform basic exercises only, with an emphasis on low rep sets of 6 to 8. Two 20 minute sessions a week of aerobics would not hurt, but calories should be saved for building muscle tissue. When a decent amount of muscle mass has been gained, start adding the occasional run or swim. As for nutrition, ectomorphs can pay the least attention to diet and get away with it- at least from the point of view of gaining fat. Optimum nutrition, however, is still needed to gain quality muscle mass. Because of high metabolisms, ectomorphs burn calories at a very fast rate, so when offered a second serving, take it!

**Endomorphs:** Endomorphs, perhaps the type most commonly seen in today's society, have relatively more fat

cells than the other two groups. They appear wide-hipped, rounded and shorter in stature, with their tendency towards fat storage, endomorphs should keep the rep range high and the time between sets low. This approach helps to burn off excess calories. Unlike ectomorphs, endomorphs have no problem finding calories to work with. On the contrary, they have too many! To combat this excess, add aerobics exercise two or three times per week. Endomorphs would be wise to modify eating patterns, keeping fat intake as low as possible. Simple sugars should be avoided as well. Keep calorie intake low and don't be afraid to leave the table slightly hungry. This way the body will rely on stored fat as an energy source.

**Mesomorphs:** Mesomorphs have a greater than average rate of muscle growth. With large bones and low fat levels, mesomorphs have wide shoulders and small waists. With their capacity for developing muscle tissue and ability to keep fat levels low, this group is the most suited for bodybuilding. These individuals can handle the long, intense workouts necessary for building a champion physique. For maximum effect mesomorphs can combine a variety of exercises in their training routine.

To visualize the different types, in terms of athletes, picture the following: The tall, skinny basketball player - ectomorph; the NFL offensive lineman is an endomorph; the professional bodybuilder is the mesomorph.

These are exaggerations, of course, but you get the idea.

It would be nice and convenient if we all fit neatly into one of these categories. Unfortunately we don't, and most individuals are a combination of all three. Within each of the three major divisions, there are seven degrees of dominance; therefore, the scales range from one to seven with seven being dominant. For example, a person with ectomorphic 1, mesomorphic 5, and endomorphic 4 would be endo-mesomorphic, a muscular type with a moderate amount of body fat. Someone who is ectomorphic 5, mesomorphic 3, and endomorphic 1 would be an ecto-mesomorph, a lean individual who has trouble gaining muscle mass. No matter what your somatype, you can achieve great results with a regular training program combined with a well-balanced diet.

**ENDOMORPH**



**MESOMORPH**



**By Reginald Lennon  
Pristine '17**

## 20 Minute ABS GO FROM ROUND TO ROUND WITHOUT STOPPING

**ROUND#1:**

- Jackknife- Sit-ups - 50
- Crunches -100
- Plank - 90 sec
- Mummy plank -75 sec
- Side Plank (each side) 75 sec

**ROUND#2:**

- Sprinter Sit-ups - 40
- Crunches - 80
- Plank - 75 sec
- Mummy Plank - 60 sec
- Side Plank (each side) - 60 sec

**ROUND#3:**

- Lying Leg Raises- 30
- Crunches- 60
- Plank- 60 sec
- Mummy Plank - 45 sec
- Side Plank (each side) - 45 sec

**ROUND#4:**

- Butterfly Sit-ups- 20
- Crunches- 40
- Plank - 45 sec
- Mummy Plank - 30 sec
- Side Plank (each side) - 30 sec



# HIGH INTENSITY INTERVAL TRAINING

When living an inactive lifestyle full of junk food such as we do here in prison it is very easy to come to prison very healthy and leave with diabetes, high blood pressure, and/or weight problems. Weight problems are something that I have personally dealt with since a young age. One thing that I have found which is irreplaceable when it comes to weight control and reduction is cardio. The type of cardio that I have found to work best for myself is called High-Intensity Interval Training (HIIT).

HIIT is a form of cardiovascular exercise in which one performs short bursts of high-intensity exercise for 30 seconds to 2 minutes followed by a short active rest of anywhere from 5 to sixty seconds. One would typically do this routine for a set number of rounds or a total number of minutes which would typically be performed in less than thirty minutes. This means that HIIT is a great way to maximize a workout within a limited time frame. In short, this means more calories burned in less time. There is no specific formula for HIIT and is should just depend on one's physical capabilities. My preferred method of HIIT is doing burpees at maximum output rate of about 90%. It is also great for our cur-

rent situation because it can be performed in a confined space with no equipment.

A 2015 systematic review and meta-analysis of randomized controlled trials found that HIIT training and traditional endurance training both lead to significantly improved cardiovascular health in adults but greater VO2 max were seen in those participating in the HIIT exercise regimen. Another analysis also found that HIIT regimens of just one month or longer effectively improved cardiovascular fitness in adolescents and lead to moderate improvements in body composition. Furthermore, a separate systematic review and meta-analysis of seven small randomized trials found that HIIT (four intervals of four minutes at 85-90% of max heart rate with three minute intervals at 60-70% of max heart rate) was more effective than moderate-intensity continuous training (MICT) at improving blood vessel function and markers of blood vessel health.

On the other hand, an analysis comparing HIIT with moderate intensity continuous training in people with coronary artery disease found that HIIT leads to greater improvements in VO2 max but that MICT leads to

greater reductions in body weight and heart rate. A 2014 study found that cardiovascular fitness of individuals with lifestyle induced chronic cardiovascular or metabolic diseases who completed a HIIT regimen was nearly double that of individuals who completed a MICT program.

HIIT also significantly reduces insulin resistance compared to MICT and leads to modestly decreased fasting blood glucose levels and weight loss compared to those who do not undergo a physical activity intervention.

One thing about HIIT is that it takes a high level of motivation from the person performing it. It is very physically and mentally demanding and can be very taxing on one's mind and body. When performing HIIT you will notice decreased energy levels and even joint pains. To prevent this it is recommended to not perform HIIT more than three times per week. A good recommendation would be to alternate between HIIT and steady state cardio in order to see the benefits that arise from both of them.

By Cameron Gilliland -Editor

## POINTS TO PONDER

REC! Time we use to push personal limits, sweat and burn off calories, and get rid of unnecessary stress.. If you want it bad enough (fitness goals that is) you will make time for it. And fortunately it also replaces addictive behaviors and counter-acts negative consequences of that behavior.

You have to listen to your body, don't over train. Working out chest and arms three times a week is not effective. If you are into a three day split make sure you take a day off mid-week. I personally like one muscle group a day routine. Shoulders/biceps, back/triceps, legs/abs, chest, arms, off day, auxiliary day on Sunday which consists of cardio, abs, calisthenics.

Cardio allows your muscles to look fuller as cardio oxygenates your blood and pushes nutrient rich blood to your muscles allowing repair.

Increase your own testosterone and growth hormone levels by hitting legs once a week. Heavy squats and leg press are the go- to followed by leg curls, leg extension, lunges. Don't forget back extensions, (lower back is part of your core too). Remember to cool down and stretch, if we can make the muscles longer we can make them bigger. Remember to consume extra calories on these days aka splurge days.

You can also take advantage of the GH that is released during sleep by consuming milk or whey as soon as you wake up. This is when your body will absorb and utilize it the most. Also, use that "anabolic window" to do cardio or your regular routine in the morning for extra gains.

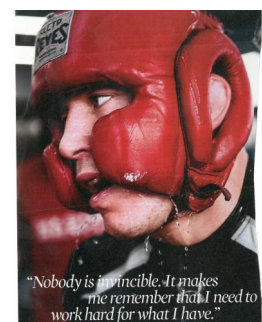
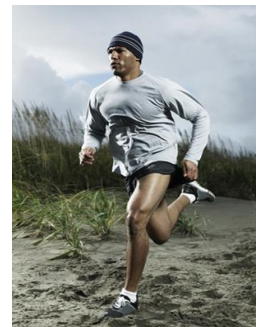
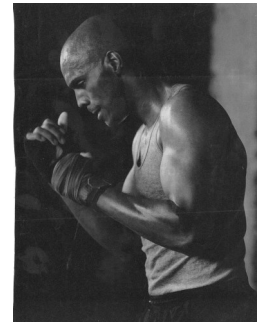
Nutrition is 80% of achieving that desired look. A good rule of thumb is

to consume 20-30 grams of protein every 2-3 hours. Eat the majority of your carbs either in the morning, or before and after you work out. That way you are burning them instead of storing as fat. If you are trying to decrease weight around your midsection, try not eating after 6 pm, this will shrink your gut and increase metabolism.

We can only do so much with what we have. We have pushed or limits with calisthenics, and now with machine weights. The next step is free weights and all that free world gyms offer. Happy trails fellas.

The positivity that PEP brings to our incarceration is a godsend. The norm at other units is that you are surrounded by complete negativity, and its respected.

By Cliff Wise



## SOAPBOX

Have something to share? Wisdom to impart? A belief you wish to convey?  
Is it sticking in your craw? Get it off your chest!

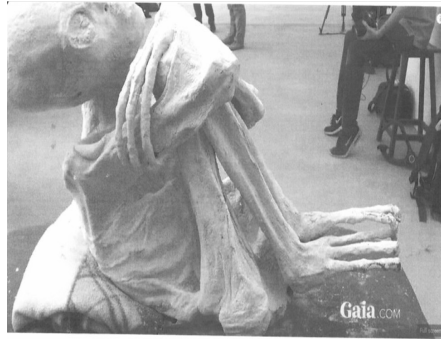
### ALIENS: REAL OR *REALLY* REAL?

The Nazca Lines are a series of large ancient geoglyphs in the Nazca Desert, in southern Peru. The designs are in a high, arid plateau which spans between the towns of Nazca and Palpa on the Pampas de Jumana. These figures were believed to be created between 500BCE and 500CE by the Nazca culture. The figures are from anywhere between 50 and 1,200 feet long. The figures vary in complexity of design where hundreds of them are just simple lines and geometric shapes, but more than 70 of these jaw-dropping geoglyphs are designs of animals, such as birds, fish, llamas, jaguars, monkeys, or human figures. The human figures are said to resemble a humanoid wearing a bulky helmet such as the ones which NASA astronauts use today. Other designs include shapes of trees and flowers. Many of them cannot be recognized unless seen from the air. The first recording of the Nazca lines was by an author who mistook them for trail markers, but the first to distinguish them were Peruvian military and civilian pilots.

The lines were made by removing the reddish pebbles and uncovering the whitish/gray ground beneath i.e. digging trenches. They are believed that some simple survey tools were used in this process. Most scholars cannot claim the purpose of the lines but do say that there is a religious significance or even to mark the solstices or constellations. This is why ancient astronaut theorist believe these lines are used as signs or symbols to direct interstellar traffic or even to grab the attention of the “gods.” It is also believed that three of the lines leading to the figures are used to track the changing declinations of the three stars of Orion’s Belt. Orion’s Belt is believed by multiple ancient cultures to be where the origins of life came from and it is even where the pyramids in Egypt line up at. Is this fascination with the constellations in all ancient cultures from all over the world just a coincidence? What about all of the ancient religions who believe that their “gods” come from the sky?

Let’s look at an ancient tradition that is found in many countries across the world known as skull elongation. Elongated skulls are the

result of an ancient practice or artificial cranial deformation, in which young children had their heads bound in cloth, rope, or even wooden boards, possibly as part of a religious ritual. These elongated skulls have been



found on many mummies and skeletons in multiple regions of the world including both Egypt and Peru. The place we are really eval-



uating right now is Peru. The skulls were manipulated into a shape similar to that of an ancient pharaoh’s hat. As stated above this skull elongation process is a slow process



which is done for religious purposes in order to shape the child’s head into a shape similar to their “god’s” head. This is a weird coincidence seeing how everyone knows that it is believed that the humanoid gray alien has an elongated cranium and comes from the sky namely from the direction of Orion’s Belt.

Now, let’s say that this is all just coincidence. Let’s examine now a recent discovery which was made by Jamie Maussan and his team in Peru. They discovered a mummy which was covered in a white powder used to preserve the remains. The carbon dating on these mummies came in at dates of between 245AD to 410AD. Mummification is a process that is closely associated with Ancient Egyptians which is another religious ritual that was done all over the ancient world. This mummy found in Peru can loosely be called a human, so we will just call it a humanoid. The reason I say that is not just because it was the size of a small child. It is not even because it had a large elongated skull with large eye sockets. The reason I say this probably has more to do with the fact that the mummy has only three appendages on its hands and feet. These all match up to the usual descriptions given by alien experts and eyewitnesses on your typical small gray humanoid alien.

When a scientist approaches something they look at it as potentially real or fake, explainable or unexplainable. It remains to be established what the Nazca mummies origins are or how its apparent deformities came about. They are still being examined by professionals and are yet to be debunked. It is safe to say that where there is a suspicion that something odd is at hand one should look into it. There are enough coincidences in this one area of the world which all point toward one thing, extraterrestrial life visiting earth. If there are multiple coincidences you have some truth, but multiple coincidences with tangible evidence is fact. Now that this mummified alien has been discovered aliens are no longer just real, but *REALLY* real!

By Cameron Gilliland—Editor

