

Prison Entrepreneurship Program

February 2017

Leadership Edition



Kings of Spring 2017

Future Entrepreneurs

We can have more than we've got because we
can become more than we are.—Jim Rohn

In this Edition;

Fatherhood

Photo Bucket

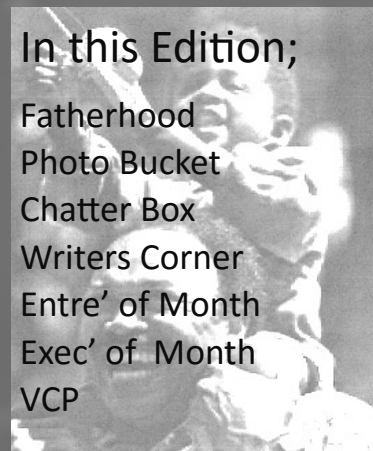
Chatter Box

Writers Corner

Entre' of Month

Exec' of Month

VCP



From the Editor



The New Year has come upon us and seems to have set itself in full throttle. Hopefully any new goals you have set out to achieve are continuing to move along nicely in your life and have started to become habits. Good habits that you are adapting to which are allowing growth in different areas of you're life. Which brings me to the topic of this month – Leadership! As we begin to allow these new activities to transpire and take root in daily activities we indirectly are allowing these undertakings to transform us. Hopefully to make us better men, fathers, and most definitely better leaders.

There has been plenty of debut about what makes a leader. Is a person born a leader, can one just become a leader, what makes a person a leader and who actually has the say on whether a person is a leader or not? Many say it is a practical skill, one in which an individual is able to exercise their beliefs, values and morals upon another. Using this as a guiding tool to achieve a common goal and help motivate those in their areas of interaction. Some say it is something that must be learned or better yet sculpted out of the individual. Whatever the case may be I believe all have the ability to lead it's just some act on it and others don't. Some are good, some are not!

I reflect on the phrase I heard

through the years that where much is given much is expected. When individuals take up this position they should consider a deep introspection about themselves and their motives. Throughout the centuries, time and time again the masses have seen the demise of whole civilizations due to the leading of people with the wrong intentions. So there is great responsibility in accepting this role, directing others paths and helping them to become the best you see in them. Consequently, upon helping others achieve greatness, greatness is achieved simultaneously for both individuals; coach and player, teacher and student, mentor and mentee, father and son. A ripple affect occurs instantly. Now whether it is recognized or not is another thing!

Typically we as men have this innate ability to lead. For some it is in areas of academics, for others it is as a spiritual leader. Then there is the man who decides the best way to lead is up holding the family values he was taught and does this through exemplified living. Just being the best man, husband and father, they have been destined for as leaders of their families. In my opinion we all lead in some aspect everyday of our lives. I say this because there are times when you might not think others are looking at you, that you're actually inspiring them and motivating their decisions, values and

belief system. Like your son or daughter or the friend who notices how you made a hard decision in the moment at the sacrifice of personal glory, for the greater good of all. Leading by example, its action in the moment, vocally or even quietly. Think about it, a Buddhist monk speaks volumes by his example of leadership in peace just as a suicide bomber does with their destruction.

Then there is the concept that most leaders must be good followers, or mentored into this role. They must allow themselves to be led, taught, inspired, and motivated for the correct reasons or sometimes even the wrong reasons. Surely this is what has occurred throughout the history of mankind because not one individual can say they came out the womb running. Even as much as many would argue this point we are all motivated to achieve certain desires and beliefs. So ask yourself how am I going to lead, why am I choosing to lead, and where do I desire to lead? For the most part everyone in the program has kids and whether you believe it or not that is "WHO" you will lead; directly or indirectly. With all this said, lead by the example you would desire for others to lead you. Basically the golden rule of life applies, "Do unto others as you would have them do unto you."

Thomas W. (aka Popeye)





Future Entrepreneurs

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******The Chronicle would like to acknowledge the PEP Staff in the Houston and Dallas offices, as well as the Executive Volunteers who make all this possible through your devotion and hard work.

True leaders look at how they can bring many with them not how they can leave many behind. T.W.

There is no better opportunity to receive more than what you already have. Thanks-giving opens up the windows of opportunity for ideas to flow your way.

J.R.



ENTREPRENEUR

?

OF THE YEAR

Class of Spring 2017 is in full swing. Who will win BPC to be crowned the king of spring '17?

CONTENTS

Check out this months Writer's Corner to see what other PEP brothers are saying **p.10**

5

PHOTO

BUCKET

A collection of fun photos showing why this is all worth the hard work.

9

VCP

Participants and executives had a blast at the Venture Capital Pitch Event. Here is what they had to say about the day's events.

12

FATHERHOOD

Our children have a unique perspective of who we are in the world. We learn why they can be our biggest critic or greatest fan.

7/8

SPORTS

New CrossFit Program

13...

CHATTERBOX

Words from brothers

11

TECH

A look at the latest

18/19

E.O.T.M.

Entrepreneur and Exec. of the month





Perspectives

Three attributes of a Good Leader.



"Sincere, Reasonable,
Accountable." -Bob S.



"Foresight, Humility,
Empathy." -Kristie W.

Mentor



"Servant,
Spiritually
Sound, Leads
by Example."
-Bradley C.

"Coura-
geous, Au-
thentic, En-
couraging."
-Ruben M.



**Future
Entrepreneuers**

"Vision,
Poise, Effec-
tive Commu-
nication."

-Madrid R.



Visionary



"Strong willed, confident, pre-
pared." -Mark L.



Abdullah's Sports

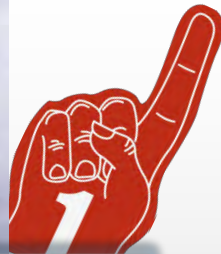


Current Sporting Events and Updates

Cleveland's Fall Basketball Tournament has finally commenced, and while there was much competition, there could only be one Champion. **Congratulations to Team Greatness: Donald M., Robert B., Travis L., Madrid R, and your very own Jaa'far A.** Team Greatness dominated the league with an astonishing 22-1 record and finishing in dramatic form by sweeping the final round. A special shout out goes to the MVP of the League—**Madrid R.**

By far Super Bowl LI was the most intriguing Super Bowl ever played. Everyone thought that Brady and the Patriots were outmatched and done...until the second half. Days after, the sports analyst are still trying to figure out just how the Patriots pulled off that miraculous comeback. Brady has been in the argument of the Greatest Quarterback for some time now, with that come from behind victory I believe that Brady just sealed his fate. Congratulations to the 5 time Super Bowl Champions, The New England Patriots.

All-Star Weekend



NBA All-Star Weekend has just went down in epic fashion as well. What an experience to behold...To have such great athletes and personalities on the floor putting on such a magic show is always great to watch. Congratulations to all those who were winners in the All-Star contest. It's going to be an interesting run for the coveted Trophy come June. Stay tuned.

Cleveland's Fall Hand Ball tournament was also a thriller, with none other than our very own **Thomas W., better known as the Jeff the handball King, taking home 1st place.** The guy is light years ahead of his competition, in age and skill set. Congrats Thomas W., you are definitely a champ!!!

2nd Place-Ruben Z.

3rd Place—Tyler S.



What a Superbowl!!!

Upcoming Events:

- Spring Softball season
- Soccer Season
- Health and Wellness Class



Thanks to everyone who participated in Cleveland sporting events. It's always a good time to get out and have fun with our brothers. We look forward to seeing you all at our next sporting event.

Abdullah's Sports

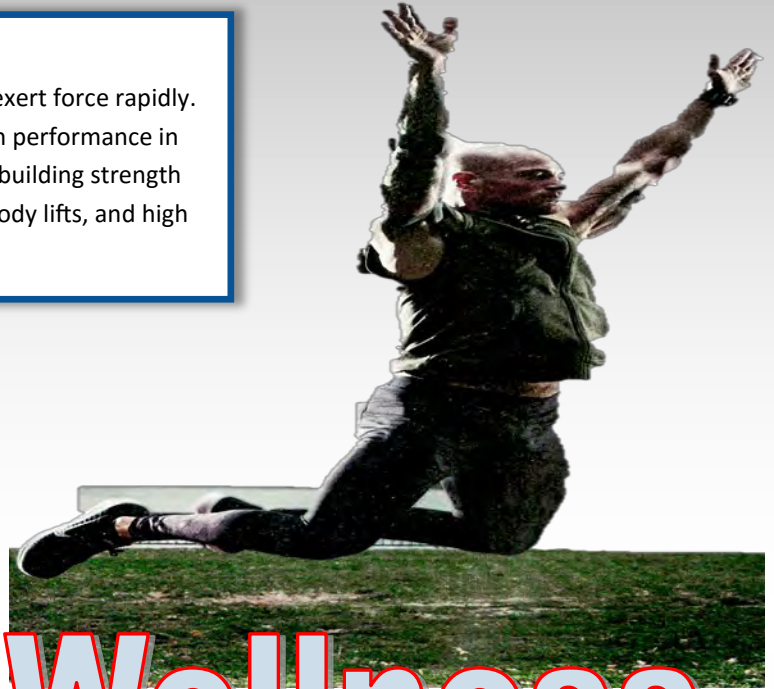
How to Build

POWER

Power in sports or weight lifting is the ability to exert force rapidly. There are no shortcuts to training methods to build power. High performance in jumping, throwing, and sprinting are related to strength. When building strength one should use plyometric exercises and focus on using whole-body lifts, and high speed circuit training.

Injury Prevention

- Warm up (5 Minutes)
- Stretching (Hold for 30 seconds)
- Strengthening (3 sets of 10 reps)
- Agilities (3 sets of 10 reps)



Health & Wellness



Good health requires us to maintain a delicate balance between our mind, our bodies, and our spirituality. At the Health and Wellness Class we provide the necessary steps to living healthy. Each week we assign objectives for our brothers to execute throughout the upcoming week. We meet on Friday mornings at 8 a.m. in the PEP room and at noon rec on Saturdays. There are 3 levels within the class: **Advanced, Semi-Pro, and Pro**. We give a general evaluation at the beginning of the first class to determine which level to put the participants in. Our primary goal is to further instill our Ten Driving Values and to promote a good health and wellness in every sense of the word. You don't have to be a workout junky to join, come as you are and we will meet you where you're at.

stress Kills...

Chronic stress promotes cardiovascular disease and increases the risk of heart attack and stroke. Stress suppresses the immune system, and speeds the progression of arterial disease. Physical fitness helps to fight the physiological effects of stress.

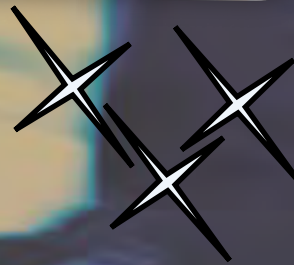


VCP EVENT

The anxiety was high and the stress levels at an all time peak for the Kings of Spring '17 as many delivered the first public speech to individuals other than their classmates. Displaying courage and character the guys met the task head on. Slowly but surely they begin to express their future desires in front of the executives to obtain the golden nuggets which will help them achieve this dream of entrepreneurship. The Kings of Spring '17 spoke with great poise and professionalism as they displayed the toastmaster skills helping formulate their pitch in a manner worthy of higher achievement. Taking another

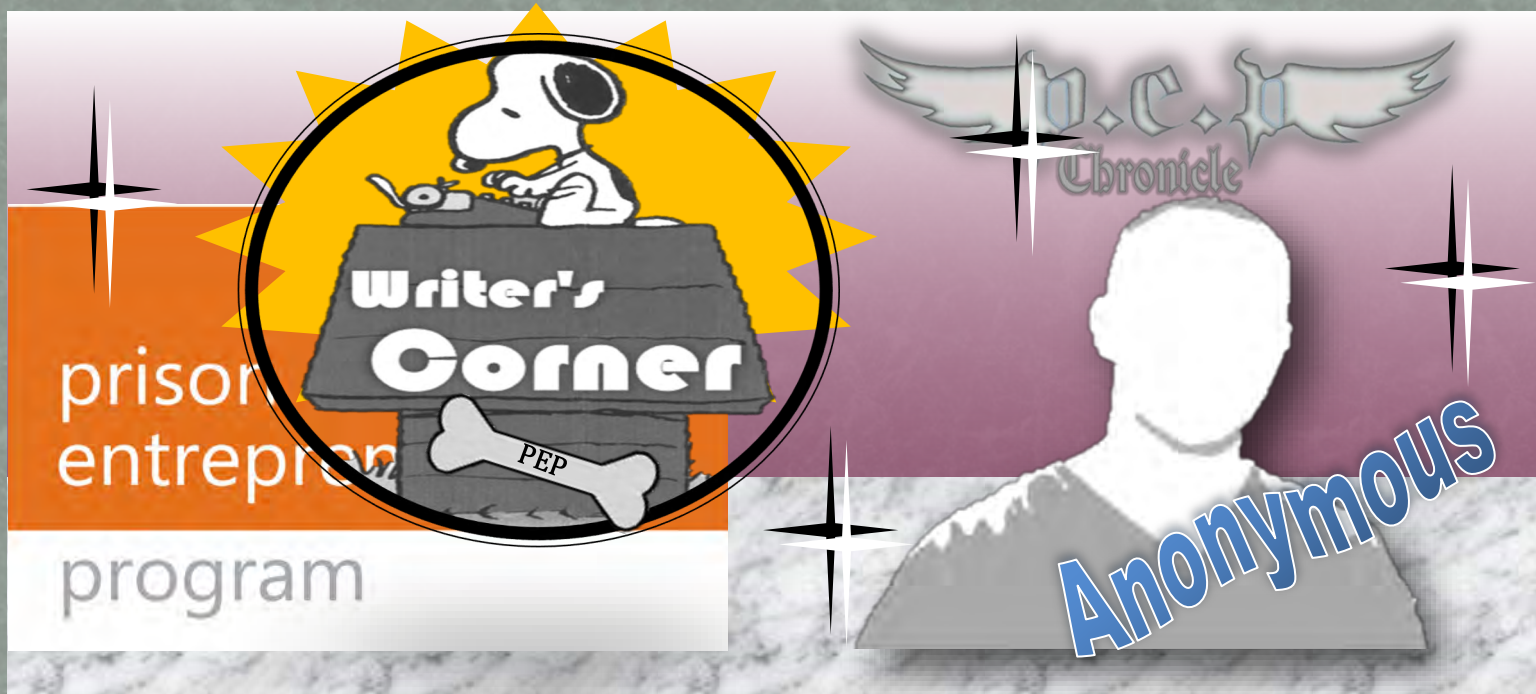


er step in this process of growth is always positive. These guys stepped up these vocal attributes to correlate their dreams and plans of a better tomorrow through the VCP event. Communication is vital in every aspect of business and the guys of Spring '17 displayed this. As they continued to progress and receive the feedback to help them articulate their passion better for the upcoming BPC, the participants absorbed all the suggestions the executives offered. As the day whined down, gratitude was displayed in many forms and another step was taken in all our lives to help us have a better understanding of such words as wisdom, compassion, and gratefulness with all involved!



ENTER TO BE ENTREPRENEUR OF MONTH

Entrepreneurs
Future



Dear Chronicle,

I am writing because PEP wants to preach all this stuff about integrity and we haven't learned anything about business since we've been here. Look man I don't see why we have to waste the first three months on all this character development stuff. This is an entrepreneurship program right? I mean come on we all had a rough childhood, we're in prison. So why aren't we learning about business. I don't think this is for me I know who I am, I don't need someone else trying to help me with that. Besides I am not even a Christian.

"The Truth"

Dear Over Night Success, I feel like you stole most of that straight out of my mind, well the mind set I had before I finally saw how great this whole thing called PEP is. Did you expect to move over here, then win a business in the business lottery? Look little bro, I know this whole process can be a bit frustrating at times and really frustrating sometimes. The first step toward ever becoming an entrepreneur is developing people skills. That's really hard for a lot of us to do because we are stand offish, shy or just mean. Yes, you are right most of us in prison, well the world for that matter had a rough childhood. However, those of us in prison didn't handle it as well as the rest of the world, look where we ended up. We have to learn to deal with those issues before we can ever perform even close to our peak potential. I know you want this opportunity or you wouldn't waste the time writing to the Chronicle. To be completely honest the answer you're looking for is not going to come from this article, it's already inside you. It's that feeling that you are capable of so much more, that feeling that you are supposed to do something great. It's not that anyone wants to try and tell you who you are, the people involved simply want you to realize who you are. If you truly knew who you were, you would embrace the character development stage because you would know how much you need it. As for the Christian believes, no one is trying to convert you. The Bible is often used as a reference, because Christian or not it has some good insight on life. Whatever your faith I am sure the Class would benefit greatly from you sharing lessons from it as well.

Dear Chronicle,

I'm a part of Spring '17 and my greatest concern, is why does it seem like all of the servant leaders are out to get us? We feel like we're always under the microscope and sometimes we even feel that servant leaders enjoy watching us go through struggles! Please enlighten me, so I can better understand this logic.

Mr. Anonymous

Dear Anonymous,

I am absolutely sorry that you feel that way and I hate that we are portrayed that way. However, I can assure you that although it may seem like we're "out to get you", we're only trying to help you grow into the men you desire to be. We wouldn't ask you to do anything that we wouldn't do ourselves. Now here comes the cold water- there may be servant leaders that don't feel that way or are not living up to the 10 driving values as they should. It's just the facts; nothing is without blemish, but that doesn't mean you should judge all servant leaders by what one servant leader does. Let's put it into proper perspective. We are all ex-felons, but let's just say that one ex-felon goes out into the world and commits a heinous murder; would you want the whole world to prejudge all ex-felons by that standard? Or would you want the world to see you for the significant individual that you are? Once again I hate that you feel the way you do and some injustice may have been done to you, but hears how you can make it right? By being the better man; the example as a servant leader, when the time comes for you to step up.



SENSORY SENTINELS

The Innovators of Spring 2017 have their sights set on disrupting the human senses. Here's a few ways they're planning to automatize and enhance our human lives.

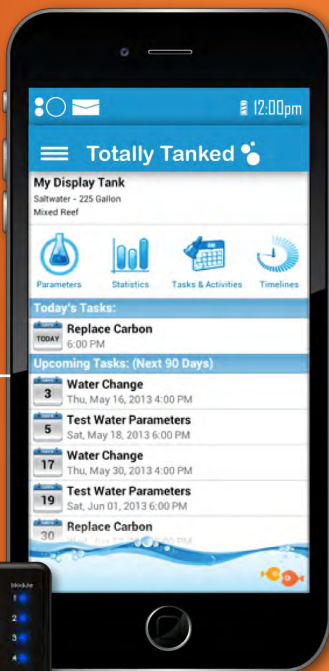
-Anthony R. AKA Pedro

1

SMART AQUARIUM CONTROLLER

The SmartReef Monitoring System from Totally Tanked tracks the temperature and ph levels of any aquarium via app on any device. Control and adjust lighting, LEDs, heaters, chillers, fans, pumps, powerheads and wave-makers. Now you can simulate lunar phases, sunrises and sunsets from your couch on your smart phone—like a boss.

-Chris V.



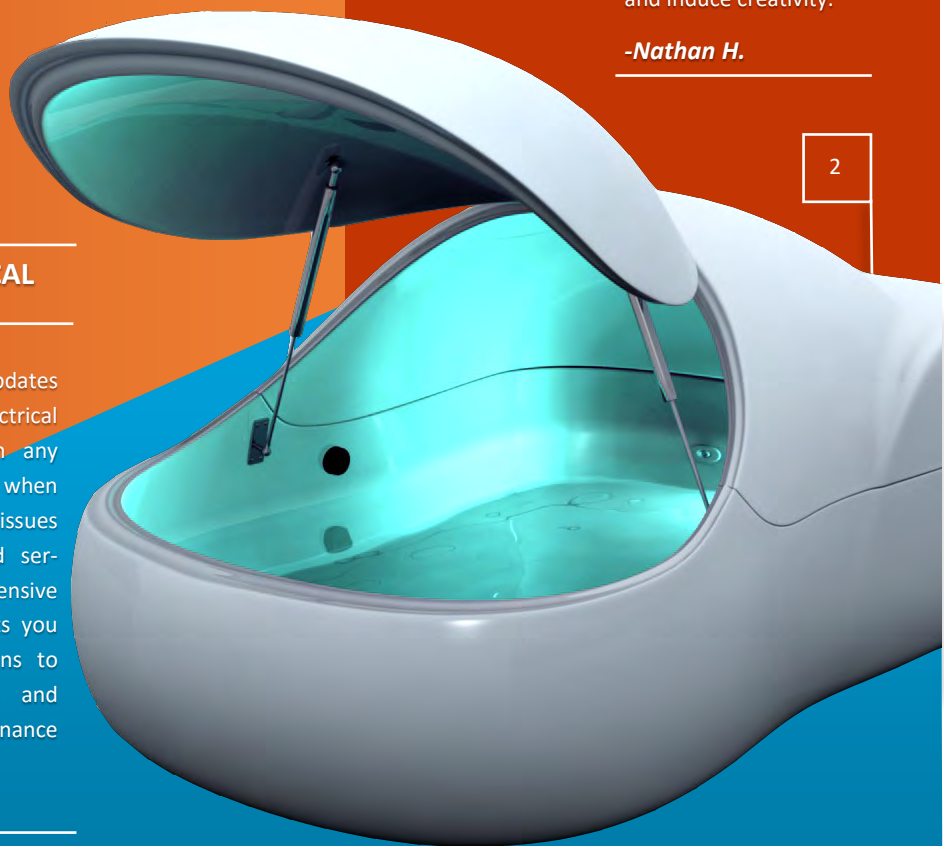
TECHNOLOGY TODAY

2

SENSORY DEPREVATION

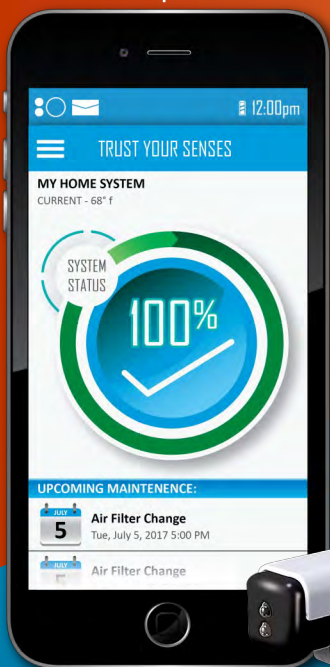
These "Pods" are filled with water and 1,000 lbs. of Epsom Salt and heated to 98.6° f. Once emersed into the bath, all lights and sounds are canceled out to give the user a feeling of "floating in space". Brain waves are slowed to 4-8 Hz, a theta state, educing quantum shifts in thoughts. Said to relieve pain, help sleep, and induce creativity.

-Nathan H.



2

3



3

HVAC & ELECTRICAL SENSORS

Get real-time status updates of your HVAC and electrical systems at home, on any device. Receive alerts when the sensors encounter issues — no more unexpected service calls to fix expensive problems. TYS connects you with trusted technicians to service your systems and even schedules maintenance — all from the app.

-Donald M.



Be sincere

Good Great

"I'm proud of you."

Being A Father

I can input pages of information and statistics that will tell you the effects of fatherless homes, but that's not necessary. Rather than focusing on the negative repercussions of not having a good father present, I rather focus our attention on the importance of being a ~~good~~ Great Father. Fathers provide the moral foundation for the family, determining right from wrong, establishing family values, and principles. The father sets the tempo and the atmosphere in the home, and in the lives of his children. When fathers smile often, his children know joy.

When fathers display positive emotions, his children know affection. When fathers communicate, his children feel accepted and their confidence soars. When men succeed at being fathers, children grow to become emotionally, psychologically, and spiritually inclined.



Fatherhood Tips:

"The great man is he who does not lose his child's heart."

-Mencius



"I love you."

"No one counts himself great if his children have failed."

-Seneca

When fathers display positive emotions, his children know affection. When fathers communicate, his children feel accepted and their confidence soars. When men succeed at being fathers, children grow to become emotionally, psychologically, and spiritually inclined.

- 1.) Say "I love you" often, and communicate with them physically. (Hugs are golden)
- 2.) Commitment.
- 3.) Know who your child is.
- 4.) Consistency (Don't overcompensate for lost time.)
- 5.) Protect & Provide.
- 6.) Respect your child's mother!
- 7.) Be an active Listener.
- 8.) Spiritually Equip them to be conscious of God.

- 1.) Horse around with your child. (Show your child that you know how to have fun)
- 2.) Read to your children.
- 3.) Break the occasional rule. (eat dessert for breakfast)
- 4.) Befriend their friends.
- 5.) Let them get dirty, in fact get dirty with them.
- 6.) Praise effort, not ability. ("I'm proud of you." "You are a smart man.")
- 7.) Be just, but be kind.

Recommended reads for Fathers:

- ⇒ *The One Minute Father* by Spencer Johnson, M.D.
- ⇒ *Fatherhood* by Bill Crosby
- ⇒ *The Successful Single Dad* by Honoree Corder
- ⇒ *The 7 Secrets of Effective Fathers* by Ken R. Canfield