

## APRIL '18

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OF SPRING

WALL POST

Many of us have endured so much in life that we now have dreams of becoming better versions of ourselves. Every struggle has brought us to that breaking point and we had to decide if we truly valued ourselves. Our circumstances gave us only one ultimatum... Do we quit, or do we push forward? By coming to this program and making the conscious decision to come home better men; we have answered that question. We have all decided to improve our lives. There are many different factors that drive us towards change but ultimately self-love becomes the common denominator. What drives a man to do better? Is it success? Is it family? Are we led by a higher power? Or is it all of the above? As for me, it is a combination of those. However, the one thing that is a real motivator for me is redemption. I claim to have a good heart and most of the time this statement is true, but one thing that takes away from this declaration is that I haven't fully been given the chance to execute my dreams and endeavors. I'm sure that everyone on this side of the fence will agree that it's difficult to get to where we want to be because of our imprisonment, but it's not impossible. Outside of being free men, we still have the power to do the right thing and portray ourselves as honorable men. We have been given the one thing that a lot of people take for granted and that is time. Time has played a part in all of our lives. Some of us have made good use of this time, while others have squandered it. I have come to the conclusion that if we want to get to where we want to be, it would be wise to do everything we can to stay there and never go backwards. If we do, no one will be the blame but ourselves. I can only speak for myself when I say that I have dreams as big as my heart, and those that know me best can attest to that. My children have spent too much time away from me that I have become just another face in a picture. That thought alone motivates me so much that it lingers in the back of my mind and I will do everything I can to redeem myself as a father. I also have a woman whom I love wholeheartedly and she has children that will receive the same love that I will give my own. To me, this is worth fighting for and I pray that I will succeed in being a great husband and father. When I wake up I thank GOD for that. I feel great because I have the chance to find the redemption that I have been seeking. This is why I share what I've learned throughout my journey. Because I choose to be a disciple for GOD in the best way that I know how. So when I push through my barriers, I will be able to live out my dreams. Remember brothers, we all have something we're fighting for. This is a description of my dream. So I ask, WHAT'S YOURS?



We all have a path in life that we choose to take. Some of us have been left a path to follow, some of us had to discover what path to take in life. Although we are incarcerated we have come to terms with our life and what direction we plan on pursuing. We all have dreams in life, we all want better for our families but in the end we all want better not only for them but for ourselves. We have all come a long way from where we once started. The directions we take that life has laid for us has led us through trials and tribulations, but each and every one of us has gained a sense of what life truly means to us. We have gained applicable knowledge towards life. This is simply the easy part nonetheless when are in the free world we will be confronted with many tough choices that the world has to offer. It is up to you to continue laying your path for your family and yourself. When you get to where you want to be in life make sure you do not forget all the tough and hard times that you have encountered in life so that you may never end up back at square one. Life is simply what you make out of it. What you give out towards life is what you will receive back. So my brothers do your best in life at everything that comes across your path and do not be afraid of what lies bevond what you can see. I promise you the greater re-

Ronny V. Aka ward at the hard t

Topic Of The Month:

ward at the end will be worth every hard time you have faced.



I plan to open a gym that is equipped with

obstacle training stations that you use in sports such as Mud Madness, Spartan Races, American Ninja Warrior, Parkour and many other similar sports. Hence the name — The Obstacle. I will have the basic equipment that most

conventional gyms have, but will also include equipment such as the pull up climb, the bungee bars, the log roll and many others.

You see, I am not just trying to create a place where only participants in these types of sports can come and train. I also want to create an environment where the average Joe who is into physical fitness can expand their horizons. I know when I see super athletes run through some of the obstacles and displaying some of their physical attributes—I am truly inspired to learn to do some of the things they do.

I feel that some, if not most people involved in the physical world get some kind of inspiration as well. The problem is there is not too many places that supply the specific type of equipment necessary to train for extreme sports inside their establishments. Which is why I would like to open a multi-dimensional place