## WALL POST



Adam W. is someone I'd like to acknowledge for all the hard work his put in since the start of the program. His hunger for success and determination has been very inspirational to many. I have no doubt in my mind that he has what it takes to succeed in anything he puts his mind to.

Julio M

(a.k.a. Gingerbread Man)



I WOULD LIKE TO GIVE PRAISE TO A VERY WELL MINDED INDIVIDUAL. THIS MAN HAS GREAT POTENTIAL TO BECOME SOMETHING GREAT IN LIFE. HE IS VERY MUCH COMMITTED TO THIS PROGRAM AND ACCEPTS CHANGE IN HIS LIFE AS A WAY OF LIVING. SO TO YOU RAPHIEL B. CONTINUE BEING A LEADER AND GOD BLESS YOU BROTHER.

(a.k.a. Ron Cakes)

I really would like to lift up my brother up. This guy has matured since he has been here. He stepped up in leadership and also has grown in his faith. So to you Zachery F. keep up the good work and continue to apply the 10 driving values to your life. May God almighty bless your path in life.

Yasin M.

(a.k.a. Sugar Cookies)



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I would like to recognize
Aaron A. for his hard work and
dedication. Also for all his
studying he puts forth. Keep up
the good work brother.

Robert L.

(a.k.a. Funnel Cake)

I WOULD LIKE TO RECOGNIZE ONE OF MY PEP BROTHERS, BRANDON C. FOR HIS GROWTH AND MATURITY AS A MAN. NOT JUST DURING THE COURSE OF THE PROGRAM BUT IN LIFE. ALTHOUGH HE HAS MADE MISTAKES BRANDON HAS NOT LET HIS PAST MISTAKES DEFINE HIS FUTURE CONTINUING TO STRIVE FOR CHANGE AND BETTERMENT. HE IS FAITHFUL, OPTIMISTIC AND A HUMOROUS PERSON WITH A GOOD HEART FOR OTHERS.



MONTRELL M.

(A.K.A. SCARY SPICE)

Curtis B. has gone above and beyond to step-up into a Servant-Leader role. Not only is he helping the new class get acclimated and supporting them in the beginning stage of their journey, he is reaching out to his fellow Soldiers of Spring and graduates to help them with whatever they have going on. Curtis B. understands the importance of brotherhood and unity and this is displayed in his words and most importantly, his actions.

Brandon G

(a.k.a. Swagger Wagon)



### Special Dedications





HEY MAMA HANG TIGHT.
IT WON'T BE LONG NOW!

ADAM W. (A.K.A. MILK DUD) Ruth, Ivan, Celina and mom. I'm on my way home soon. I Love you all. Can't wait for the future.

Thank you

John L

PEP. (a.k.a. Pooh Bear)





May god continue to bless everyone and thank you for all the support and love.

Zachery F.

(a.k.a. Waldo)

When I wake up I think about you.
When times get hard and I get frustrated I think about you, when I Look in the mirror I see you. My son, my dedication and hard work is for you.

Arik D.

(a.k.a. Sparky Polastri)



TO MY FAMILY WAITING FOR ME TO GRADUATE AND COME HOME. I WANT YOU ALL TO KNOW YOU ALL ARE MY MOTIVATION ON GETTING THROUGH THIS JOURNEY. I WILL BE COMING HOME A BETTER SON, BROTHER, AND FATHER. I LOVE YOU ALL.

(A.K.A. SOUR PATCH)

SERGIO R.

The insights, encourage and patience you have shown makes me deeply grateful. Thank you for not giving up on me because my purpose outweighs my pain. Family first and loyalty is a life style.

Derrick 1.

(a.k.a. Big Worm)

To My son Ethan, daddy loves
you and I am always thinking
about you. To My family, I love
you all and god bless you all.
Thank you for the support and
love

Markas J.

(a.k.a. Bruce Leroy)

I love you all and I miss you all... God is good all things work together for the good for those who love god

(a.k.a. Peach Cobbler)



When we first started the Prison Entrepreneurship Program, one of our assignments was to write an essay on change. In writing this piece, I ran across my tract and was reminded of my old perspective. The article was only 9 months old, yet its author is a totally different man.

On Saturday, April 7<sup>th</sup>, 2018, PEP hosted a Business Plan Workshop event for the upcoming graduating class of Spring '18. The event was intended to give us some much needed feedback on our personal business plan. We were blessed by some selfless business executives and volunteers to come in and speak life into our lives.

In the course of this evolution, I have noticed a change; a change in my brothers, and a change in myself. Upon some reflection, I came to the conclusion that this metamorphosis was aided not only by the desire to change, but the opportunity to transform. There is not one among us whom has not at the very least had the desire to change. We merely locked the tools and circumstance. PEP offered us this possibility. The potential to be a successful father, son, husband, brother, and a friend was too close not to try.

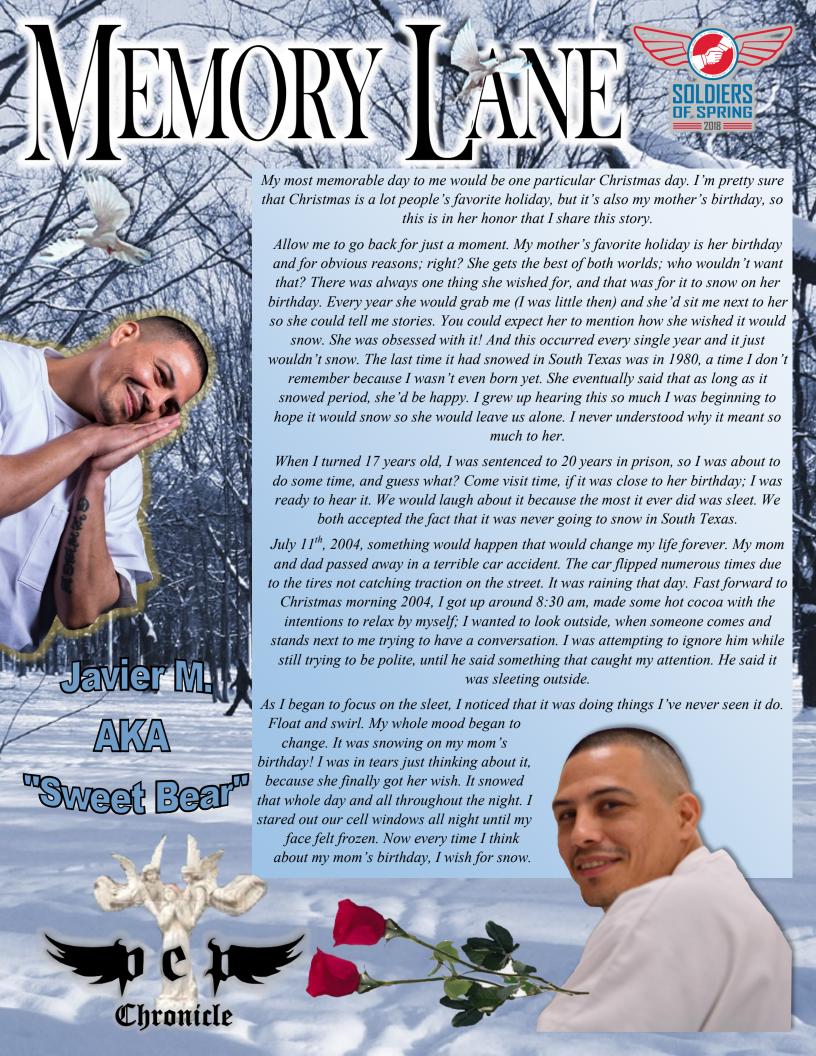
There's an old adage that says "if you want something you never had, you have to do something you have never done." I'm here to testify about trailblazers. I witnessed by brothers dare to dream. Not simply dream as if asleep, but to put forth tremendous effort in the face of adversity. Although change comes with time, positive change comes with effort. I am proud of the accomplishments we've made through PEP.



It's not a pride fueled by arrogance, it stems from the growth to maturity we've made while in the most humble of circumstances. It is a most peculiar predicament to me. To come to a prison only to be set free. In closing, I'm reminded of the words from my close brother Adam W. "PEP is on to something."







# Health & Wellness

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Health and wellness is the highlight of my day. I don't feel complete if I miss a day. It is a blessing to get to go out every morning with a group of people who want to do what you do. It's motivating and uplifting. The energy and environment that you're in is perfect. Where else do you get to go listen to music and not have to worry about other inmates wasting your time? What I mean by that; is that you're in an assigned group (weigh-loss, body-weight, and weight-training) depending on where you're at. As for me, I do weight-training. I don't have to worry about people being on the same muscle group as me for that day, because the class is strategically set

up so your groups rotate and you get to hit every muscle group throughout the whole week. So I encourage you, if you want to put a few years back in your life, get big for the ladies or you just want to start doing something new; then come join the class. Start making a step towards a better life.

Zachary F. aka "Waldo"



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When I first started health and wellness, I thought it was just going to be an extra rec with music. I was not too big on working out, I figured round was a shape; so that would make me "in shape". From the moment you walk through the gym doors, you can feel the love and acceptance. Your fellow brothers are not only happy to be there, but they are happy to see you there as well. After two months. My strength, endurance, and confidence has grown. Once you see the results of your second physical training test, you can't help but smile as you set out to smash your next month's goals. It has also given

me a great opportunity to meet my fellow PEP brothers.

The facilitators are always there to lend a hand with advice and encouragement. For anyone who is thinking about joining, I encourage you to come "HOWL" with us!

\*Disclaimer\* Big dogs only! Pups can stay on the porch.

Stephen G. aka "Drew Carey"

