

July 15, 2012
Volume 3, Issue 3

DEAR LISA NEWSLETTER

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EXPRESSIONS FROM THE EDITOR

By the time you get this newsletter Ramadan will have already began “Ramadan Mubarak” I pray that all the Muslims and Muslimas enjoy this celebration of unity.

Speaking of unity November is fast approaching and you don’t have voting rights, but don’t let that stop you. Call home to some of your family members and friends that have voting rights and don’t

use them; ask them to do you a huge favor and let you use their voting rights to cast your vote through them. You can still make a difference and make your opinion count, but please act on this soon because more than likely they will need to register to vote beforehand and this could be done on line at www.registertovote.org

If by chance you are not on my mailing list and wish

to be added to it, either email me or write me with your request to be added. If your address changes please notify me with your new address if you wish to continue to receive the newsletter. The next edition of the newsletter that was schedule to come out in October will be delayed. We are currently working on some major improvements for the newsletter, so stay tune for those updates.

A WORD FROM THE WISE

“Never allow your environment to define you. Always define your environment.”

Halim A. Flowers

This is one of the most difficult topics to write about, because this is one of the most hardest obstacles to overcome in life. To be able to see dry land where there is only muddy water, to envision the Las Vegas today where years ago there was nothing there but desert sand, this is not easy. Rare indeed, but this is what makes the great people great. When you look at your environment in prison, all you see is barb-wire fences, steel bars, concrete, gun towers and walls. You see people but your mind says, “Convicts and guards!” It’s an environment that is physically imposing and inescapable. Most easily become swallowed up by the tidal waves of prison cultures and convict codes. However, if you want to be something other than a

prisoner, a convict, if you want to transcend beyond being merely a criminal, you have to first look in the mirror of your soul and convince yourself that you are something different, someone greater than a petty title such as a prisoner. You have to first convince yourself before you attempt to impose your self-identity upon the world because if you have doubts, fears, if there are any kinks in your armor, the world will resist your ideas and crush your dreams before you even wake up out of your reverie. Rapper Jim Jones recently tweeted that people who came from the ghetto that act like they were born with a silver spoon in their mouths need to get a grip. I oppose that notion! If you want to be financially successful, or whatever

form of success that it is that you want to be in life, you have to be it now, tomorrow, and always because even though you may have not been born with a silver spoon in your mouth, if you always believed that you deserved it, and committed your entire existence to getting that silver spoon, then you were born with the ideas and determination at birth to be a go getter, and you never accepted less, you never agreed with the notion that because you were born and raised in the ghetto, that you had to remain hood. You are who you are, no matter where you are! Do You! “It is not a disgrace to have once been a criminal. Rather, it’s only a disgrace to remain one.” (Malcolm X)

-Halim A Flowers



"Myron BG Armstrong top photo.
His newly launched magazine Street Consequences bottom photo"

WHO GOT BIG THANGS POPPIN?

Myron "Big Gum" Armstrong

is currently incarcerated at Estill serving a 15 year sentence on drug related crimes. While incarcerated Armstrong became an author of his first urban novel "Dreams of a ghetto millionaire." In turn, this inspired him to release his own magazine "Street Consequences" that address the ups and downs of the game of life. With the help of family and friends Big Gum launched a T-shirt and hat line to

correlate with the Street consequences DVD's and Magazine. You can purchase Street consequences merchandise at www.streetconsequences.com or order through streetconsequences@yahoo.com. To see some of the interviews and featured artist you can visit Ghettomillionaire-records.com. Big Gum also partnered with Dave "The Jeweler" to create a customized jewelry line. To see a total lay out of the jewelry line visit

DAVETHEJEWELER.com In the next issue of Street consequences magazine and DVD you can find interviews and videos featuring the lovely Lisa Banks from Jacksonville, FL, Jeezy, Yo Gotti, BMF, Been Get It from Get Money Cartel, and Ghetto millionaire's own General. For the upcoming DVD Big Gum teamed up with Thomas Freeman from SleepyEye Entertainment to introduce its audience to some of the streets elite from around the world.

Prison Recipes

"Mexican Tostadas"

The Ingredients that you will need are: Flour Tortillas, Olive Oil, Refried Beans, Can Chicken, Chopped Onions, Chopped Tomatoes, Chopped Lettuce, Cheese Spread and Salsa.

1. Oil the flour tortillas on both sides with olive oil, cook one tortilla in the microwave at a time for

about 45 seconds to a minute on each side until it becomes brown, toasted and crunchy. Don't burn them. 2. Cook your refried beans. 3. Mix a few chopped onion in with your can chicken and season it lightly before warming it up in the microwave. 4. Mix your chopped tomatoes with salsa. 5. Mix just a tiny bit of water with the cheese spread to loosen it up a

bit, before warming it.

Now you are ready to prepare your meal. Take the fried flour tortilla and spread the cooked refried beans on it, and then spoon the warmed chicken evenly across the top of the beans. Next, evenly distribute the chopped lettuce and tomatoes across the top. Spoon the hot cheese on top of the tostada and enjoy.

Legal Ease (Education)

Each year, approximately 700,000 inmates are released from state and federal prisons, and return to their communities and families. Education is an essential part of a strong resume. If you want to further your education upon release while getting financial support, do not hesitate to do so. Pell grants are offered to

support low-income individuals funded by the US Department of Education. These grants can help students with tuition costs, heating bills, grocery and rent, as long as the student does not a current drug charge. There are employers that interview and hire based solely on your resume and personality. If you were

sentenced years ago, you just may be eligible for this assistance. According to the Secretary of Labor Hilda L. Solis, as of March 2012, \$20.6 million in grant funds were made available to 17 non-profit organizations with 501 (c) (3) status for post-release employment and support services.

-Vikki Hankins

REAL TALK! Mastering your vortex

Mastering your "Vortex of Positive Energy," will catapult you up the ladder of success faster than you can imagine. Many of today's wealthy and powerful people used this very same method I'm about to give you. Your Vortex of Positive Energy starts with a strong desire for something. It could be success, money, happiness or a specific goal. Whatever it maybe you must have a strong desire for it. Write it on a piece of paper and put it somewhere you'll see every day. Every time you look at it say it out loud five times in a row and say it from the heart, because if you don't it's not going to work. The reason it is so important to say your desires out loud multiple times, and from the heart, is because this is how you embed your desires in to your subconscious mind. In order for your subconscious to grasp

what it is you want so badly, it has to feel you really want it. Once that happens that's when the magic starts. Your subconscious takes your desire and creates a vortex around it. A vortex is similar to a hurricane but instead of blowing things away, it pulls things towards it. So the vortex that your subconscious makes draws things to you in relation to your desire, which represents the core of the vortex. This is when things start falling in your lap, or start going your ways sort of speak. Now what most people don't know is how to keep it going. That's easy; you just have to keep feeding it positive energy. The more you feed it the faster it spins. The faster it spins the more things it draws to you in relation to your desire.

What to feed your Vortex:
1. Do positive things for others without expecting anything in

return. In doing so make sure your generosity causes you no harm and that the person is appreciative of your generosity.
2. Connect with someone who have the same or similar desires. Vortexes of energy can feed each other, therefore increasing each other's velocity.
3. Stay diligently working towards whatever you desire. Do something productive everyday in relation towards your goals. Hard work does pay off.
4. Let it be known to your friends what you desire and what you want to achieve. By telling them you expand your web further. If they see, hear, or find something that will help you, they'll let you know asap! So trust me, and Master your Vortex of Positive Energy and success will come sooner than you think!

By Vashon Shaw

"The Night Of Power"

In order to understand Islam, one must reflect on the events that have defined this faith, its community, and its history. There are many events that are important in the history of Islam, however, the most significant is the one that set everything in motion and led to the founding of a major world religion over 1400 years ago. The Prophet Muhammad—before receiving that first revelation was in the habit of meditating in a cave called *Hira* in the outskirts of Mecca. In the cave of Hira, the Prophet would reflect on his society and its problems, which included a lack of concern for the less fortunate like orphans, ill treatment of women, an increase in decadent behavior, and a concern with wealth that led to cheating and abuses. The Prophet

would spend his time looking for signs to alleviate the problems that he believed were destroying his society and its core values. In the month of Ramadan the Prophet was meditating as usual when he was visited by the Archangel Gabriel, or Jibril as he is known in Arabic. Jibril seized the Prophet and squeezed him to the point that he thought he was going to die, and issued a command. He said, "*Iqraa*' (Read!)." The Prophet Muhammad was illiterate and responded that he could not read. Gabriel repeated the command two times more and the Prophet responded with the same answer. Then, Gabriel revealed the first verses of the Qur'an to the Prophet. The Prophet ran to his wife Khadijah for comfort. When he reached home, he told her repeatedly to cover him. He then

told her what had happened in the cave. Khadijah then took the Prophet to her cousin Waraqa, a biblical scholar. he told Muhammad that he had the signs of prophecy and had joined the long line of prophets sent by God to call society to monotheism and to leading righteous lives. This night, the Night of Power or *Laylatul Qadr* in Arabic, for Muslims is a very significant night. No one knows exactly what night the Night of Power falls, but it has been determined to be in the last ten days of Ramadan. Muslims, therefore, will spend the last ten days in increased worship and recitation of the Qur'an, hoping that they will be doing these activities on the Night of Power.

Did You Know?

Did you know that the slowest speed information passes around your brain is approximately 260 mph?

Did you know your eyes are always the same size from birth but your nose and ears never stop growing?

Did you know that during the female orgasm, endorphins are released, which are powerful painkillers. So headaches are in fact a bad excuse not to have sex.

Did you know that kangaroos can't walk backwards?

Did you know that you cannot snore and dream at the same time?

Did you know that mosquitoes are more attracted to the color blue than any other color?

Did you know that the average human head has about 100,000 hairs?

Did you know that it is impossible to sneeze with your eyes open?

“Headaches are in fact a bad excuse not to have sex.”

Rest in Peace

This is a special tribute to a federal inmate by the name of Steve Brown that was housed at FCI Jesup Georgia. On May 29, 2012 Steve took his own life at the young age of 47. Steve hung himself in his cell. He had three life sentences and could not

cope with it any longer. A Reflection back on what we know about Steve reveals that he was from New York and he loved Nascar. His favorite driver was Jeff Gordon. Steve has also served time in the Atlanta Pen and Coleman Penitentiary 2. REST IN PEACE STEVE

from the friends you left behind. Statistics and facts have shown that almost four times as many males as females die by suicide. Suicide is the seventh leading cause of death for males and the fifteenth leading cause of death for females.

Health Living for Vegetarians

In some places in the world people are vegetarians due largely to the matter of economics; meat is very costly and is only used in special occasion dishes. Even where meat is more plentiful, it is used in moderation and is often a side note to a meal rather than center stage. In the United States where meat is not as expensive, people often choose to become vegetarians for different reasons other than cost. Like parental preferences, religious beliefs, health issues, concern for the environment and animal rights are just some of the reasons that people

become vegetarians. There are different forms of vegetarianism. A true vegetarian eats no meat at all. A lacto-ovo vegetarian eats dairy products and eggs. A lacto vegetarian eats dairy products but not eggs. A ovo vegetarian eats eggs but not dairy products. Veganism doesn't eat eggs, dairy products, honey, and gelatin. Semi vegetarians eat fish and small amounts of poultry. A pesci-vegetarian eat fish but not poultry. Being a vegetarian can leave you lacking in some key nutrients like: Iron, Calcium, Protein, Vitamin D, Vitamin B12, and Zinc. Here are some foods that

will sustain. Iron- chickpeas, raisins, lentils, baked beans, pumpkin seeds, broccoli. Calcium- soy milk, tofu, orange juice, green leafy vegetables. Vitamin D- fortified soy milk and fortified breakfast cereal. Protein- red beans, rice, nuts, grains, tofu. Vitamin B12- fortified soy milk and fortified breakfast cereal. Zinc- dried beans, nuts. So if you are considering becoming a vegetarian make sure that you are getting enough nutrients to sustain your diet. -Charlette Jordan

“There are different forms of vegetarianism.”

Dear Lisa {The Real One} A true confession!

Dear Lisa, How are you? Well I was wondering if you were interested in hearing about the journey of a Sherm Head? Well just let me know and I'll take it from there. I just didn't wanna get into it and you are not interested in knowing.

Yes, I want to know, tell me.

Well for me at this moment I have 24 days left and sometimes I have to pump my brakes thinking that I really need to evaluate myself before I leave because believe it or not for some of us it's gonna be totally different without some of the old habits, but I guess that's what comes with life changes. Well for the record wet is a common name for boat P.C.P and Sherm. It comes in a liquid form and most people dip it on cigarettes or they might put the liquid on weed to get high. Now wet is a hallucination drug it is a mind bobbling drug that makes one do strange things that they wouldn't normally do. For instance I've seen people who use to smoke that stuff and never come back to themselves. Now not all people have the same effect. It's a very addictive drug and I've experienced my share of that monster as well and I think that I'll be better if I share with you my experience. When I use to smoke that stuff it took a lot away from me. I mean I use to think that I was one of the sharpest

brothers riding the streets of Cleveland and I always had an older crowd around me even at the age of 15. But when an older dude introduced me to that drug it took me away from my dream and that was basketball. I had a mark for playing ball all through school. Coaches and everyone knew I had ball game, but when I hit that wet, it destroyed my life in just a matter of months. I liked the high. The high made me feel as if I was untouchable and it even helped my sex drive, and women were going nuts because the shit kept a brotha's dick hard for at least an hour maybe an hour and a half. Excuse my French but yes it was a green light in that area. Well back to what I was saying about the monster situation... well I've also seen women as well but in a little worse situation than I was and when I seen how women reacted off of that stuff I knew that it was time for a change. I have a lot of stories I could go on and on about that stuff but I'm not sure that's what you want to hear. I mainly gave you the top insight on how and what it is that wet does to a person...now the mental destruction is permanent... I joke with a lot of my friends who I know use to smoke that shit when I did and you can tell that it has effected some speech and some they have crazy as mood swings. And then u have

some that I think is just crazy as hell period".....SMILE"" LET ME SHARE ONE INCIDENT THEN I'M GONE..... I can remember when I had smoked a dipped square which is a cigarette, and my boy had just bought out his new Benz, and I had asked him to drive the Benz because it looked so good. My boy didn't know that I was high because at this time I'm immune to that shit. So here it is he gives me the keys and says lets go to the liquor store, so once I pulled off we got a few blocks and the police hit their siren. I thought they were pulling us over, but really they were just hitting their sirens to have us to pull over so they can get pass. But my high ass thought like, "hey today is not my day to go to jail," so I was doing like 25 mph in a 35mph zone. When I heard those damn sirens I opened the car door and jumped out of the car, scrapped up my knuckles, knees, and everything. All I can hear was the car growling from my dude tossing the car in park from the driver's side. I jumped up, ran the other way, hid behind a tree, and my dude pulled up on the curve and snatched my ass from behind the tree and spazzed out. Now if I were not under the influence I would have pulled over because I had licenses and I had no drugs. Now tell me thats not crazy.

That's Crazy!



DEAR LISA

"You got questions, I got answers."

Write to:

Dear Lisa

PO BOX 7103

Jacksonville, FL.

32238

And confess

dearlisa2008@gmail.com



DEAR LISA
PO BOX 7103
JACKSONVILLE, FL. 32238

E-MAIL:
dearlisa2008@gmail.com

We're on the Web!
See us at:
www.dearlisafoundation.org

Shout It Out!!!

DAMON WILKINS I WANT TO GIVE A SHOUT OUT TO MY BABIES, AHMAD J.D PEAVY – JANEICE A. PEAVY – NAKIRA D. PEAVY AND A SPECIAL BIG UPS TO THE BIG HOMIE OUT OF NORTH MEMPHIS B.G. AND THE WHOLE STREET CONSEQUENCES MOVEMENT.

STEVE BROWN I CAN'T SAY ONE BAD WORD ABOUT YOU. WE ALL HAVE PROBLEMS OF OUR OWN. MAY YOU REST IN PEACE. *K.H.*

THERISA BAKER I WOULD LIKE TO THANK YOU ALL FOR THE OVERWHELMING RESPONSE. STAY ENCOURAGED AND I WISH YOU ALL WELL.

THOMAS ARRINGTON I WOULD LIKE TO SEND A SHOUT OUT TO MY HOMIES: PIG, HEAD, K-DOG AND BG!! I WOULD ALSO LIKE TO SHOUT OUT TO THE YOUNG THUNDER, DURANTCHULLA, WESTBROOK, AND THE BEARD.

JOEMAIN CUMMINGS BABY WHEN I THINK ABOUT THE SADNESS AND HAPPINESS WE SHARE, THE THINGS U SAY AND DO 2 SHOW HOW MUCH U LOVE AND CARE, I CAN'T HELP MYSELF FEELING SPECIAL AND LUCKY. I LOVE U WITH ALL MY HEART AND SOUL.
LOTOSHA CUMMINGS

GLENN ALSTON IS SHOUTING OUT SHAWN ROBINSON AND ERNEST WALKER

>>>EMAIL PALS<<<

I'm Tina I'm single non married, no kids live alone I have 2 pets I'm just a good lady who's looking for a man for an e mail friend I'm not looking for love nor marriage or any kind of relationship just looking for good friends. I do not judge on age looks weight or race so if interested drop me a reply.
bbwfriend@hotmail.co

My name is Nancy I'm Looking for someone intelligent to chat with on a regular basis....if you love plants that would be a bonus....I am married, so am not looking for Romance...just a good pal between the ages of 40-50 not interested in someone who can't talk back, because they're chicken to say what's on their mind, I'd prefer someone with a brain, so hurry up and say hello!! Hello !!
nancyd@y7mail.com

My name is Beth. I am 60 yrs old and married. I'm a transvestite. I live in Scotland. I am a computer expert and I travel around Europe running training sessions. I'm interested in Black African American men. My email address is:
bethgirl@yahoo.co.uk

Directory

Need help starting your business?

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Mind of liar

Are you hungry? I'm hungry...

Are you thirsty? I'm thirsty...

Seems like we want the same things.

I have a secret.

I have a little water. I sip it when my thirst gets bad.

It would hurt you to know that I kept this from you.

No matter what my reason for keeping it, it would hurt you if you found out.

Is it safe to say, as long as I don't let you find out... I'm protecting your feelings?

Yes... I'm doing the right thing by continuing to keep my secret.

I feel so much better about this.

But now you're dying and we both know why.

And maybe I can save you from death, protect you from it.

But if I save you by giving you my secret will you resent me for having kept it from you?

Better to let you die and not admit to lie
HITASHA STWART