



Criminon Florida...

is part of an international non-profit network dedicated to helping inmates learn to be productive members of society.

A helping hand for happiness

THE PURSUIT OF HAPPINESS

Helping others brings happiness and fulfillment to Stellar Students

This quarter, Stellar Student Michel B. shares his journey from anger, despair and hopelessness to renewed self-respect, achievement and happiness.

"I was angry, easily offended, always ready for a fight. I hated my life and I hated myself. I had no goals, no direction or purpose. Depressed and defeated, I didn't feel mentally strong enough to change or stop it. I couldn't - or wouldn't - confide in anyone."

Having reached his lowest point, Michel felt ready to throw in the towel. But when he lost a close friend who gave up on life, Michel had an epiphany: "I just couldn't leave without accomplishing anything meaningful, purposeful and honorable in my life."

And thus he decided to change that by helping others, so that their lives "didn't suck as much as mine."



He enrolled in various programs, including Criminon, and became a Stellar Student.

In dedicating himself to his fellow man, Michel totally transformed his own life. He explains: "The smartest thing I did was committing to positive change and self-betterment. I wanted to change other people's lives, but they wound up changing mine."

"I now have faith and hope, love and compassion for others, and patience and kindness for those many have given up on. We have a moral obligation to help our fellow men and women. I didn't always believe that. I had to learn it."

"Happiness lies in engaging in worthwhile activities." (L.Ron Hubbard, *The Way to*

Happiness, Epilogue), as Michel's story illustrates.

Read how Stellar Albert J. found his way back to happiness in 'Words from the Wise' (page 3). - **The Criminon Florida Team**



SUCCESSSES FROM THE WORLD OF STELLAR STUDENTS

AN AMAZING IMPACT

The Criminon lesson material has been instrumental in the daily progressive development of self and within the lives of those with whom I share continual contact. The impact has been amazing. When one studies and puts the material to work, the information changes negative behaviors and offsets ignorance associated with upsets and interrupted willingness, suppressions, and antisocial behaviors. Thank you to the Criminon team for helping me break through mental and emotional blocks. And a very special thanks to my supervisor, who challenged me to see beyond my limited view.

| **Charles D.**

I LEARNED A LOT

I loved learning new things on the Criminon program - including how to learn! These courses made me analyze everything. I learned to be conscious of the good things in life, and to stay away from negative people. I surround myself with a lot of good-spirited guys nowadays. I did learn a lot and I thank you.

| **Miguel G.**

A MEANINGFUL LIFE AWAITS ME

I wish I could have known about Criminon the last time I was incarcerated. What a difference these courses have made! I have become a better person and parent. I have more pride and respect for myself and for others. The lessons made me accountable to myself. Today I have a more positive outlook - I know a new, more meaningful life awaits me beyond these prison fences. I have a second chance at the freedom to do what is right, proper and just.

| **John Francis R.**

I'M A BETTER, MORE PRODUCTIVE PERSON

Doing the Criminon program I've recognized many truly beneficial behavior changes and picked up some wonderful and useful ways to live my life. This program has helped me correct faults I never even realized I had! It has also shown me ways in which I can help those around me. All of this has gone light years towards shaping me into a better and more productive person.

Thanks Criminon and thanks to your great supervisors! | **Fred Todd R.**

I REEVALUATED MY PAST DECISIONS

The Criminon program has helped me to look at my past and reevaluate decisions I had made. Using what I have learned has modified my decision-making process and has helped me to avoid incidents that could have ended badly. My hope is to also use these new skills to repair my relationships with family members and make them stronger. | **Scott K.**

I AM NO LONGER A RASH PERSON

I've experienced many changes in my life by applying the principles in each Criminon course. Most of all, they have helped me to develop a will of conscious patience and self-restraint. I am no longer a rash, brash person, a reactor to every situation in life. Now I take time to think out a matter, fully comprehend what is before me and move forward, knowing I have applied ethics to myself and my decisions. | **Ronald B.**



TOP STELLAR PLAYERS

Well done to all this quarter's players. Keep up the great work of getting others to improve their lives by starting on The Way To Happiness Course. Special congratulations to the eight highest scoring players!

Charlene R.	840	Allen C.	260	Ivan T.	150
Vasten B.	380	James K.	210	Christopher W.	150
Robert F.	180			Nathaniel C.	150



STELLAR STUDENTS

Very well done to all of the students listed here for becoming a Stellar Student this quarter!

Charles D. Jefferson T. Lawrence R. Miguel D. Thomas E.



CAT'S CORNER

As Stellars, you are all familiar with *The Way to Happiness* and the exercise on Virtues, defined as the ideal qualities in good human conduct. I am always impressed with how many students put in the hard work to develop tolerance of others. In the prison environment, there are many personalities forced to share the same space – you live, work, eat, sleep, and play with others. There are those who are neat and organized and those who are not; those who need drugs to face another day alongside those who face each day with a bright new outlook.

A quote from L. Ron Hubbard's book, *A New Slant on Life*, helps put the idea of tolerance into perspective. "*Happiness and*

strength endure only in the absence of hate. To hate alone is the road to disaster. To love is the road to strength. To love in spite of all is the secret of greatness. And may very well be the greatest secret in this universe."

Stellar Terry D. said the Virtues exercise made him able to look in the mirror and know the person looking back was all the good things he could be to himself and to everyone else.

Congratulations to the five of you who reached the goal of becoming a Stellar Student this quarter, and to all of you playing the game of helping others find happiness behind the walls.

=^..^=

Cat

WORDS FROM THE WISE

I came to prison a lost child. I had made poor choices, which led to irreparable mistakes. Now, two years later, I'm proud to say I have emerged as an educated man, a man of integrity and discipline and I've put my childish ways behind me.

In the federal penitentiary, a place of broken dreams and lost hope, I was at a crossroads in my life. I made a decision to change and committed to it. Criminon and my supervisor guided me down a road of compassion, understanding and wisdom.

It became clear to me along my path towards accomplishing Stellar Student status that happiness never left me all those years ago; it was I who left happiness. I became more determined than ever to seek the truth and pursue happiness, and I achieved a state of bliss.

With Criminon, I have become a complete version of who I have always wanted to be in this unforgiving world; a man of value and purpose.

| **Albert J.**



We want to hear from you!

Tell us about your wins and successes.
Write us at Criminon Florida:
 PO Box 2396 Clearwater Florida 33757



THE WAY TO HAPPINESS HOW TO PLAY

The name of the game is getting new students onto and using the precepts of *The Way to Happiness* distance learning course. It's a win-win situation. You win, the students you enroll win, and others in your institution win too. YOU can make a difference in someone else's life!

- Signing up students is the first step. Choose people you think are ready for a change. Tell them about how much your life has changed since you started on the Criminon program, and in particular your wins from The Way to Happiness Course. Do they want changes in their life too?
- Give him/her one of the enclosed yellow course request cards. They can also write a letter requesting the course. A new student must be the one requesting to start The Way to Happiness Course. You cannot fill out a card and request it for him or her. **Remember, only give out yellow cards to NEW students, NOT to those already on the program.**
- Follow up with this person to make sure they received The Way to Happiness book and course materials. Make sure they are doing the lessons and sending them in. Completing the course is what we are going for, so they can apply the material to change their lives. Some may need extra help understanding the material. Many need reminders of how valuable the course is, and how important it is to keep sending their lessons in.
- Once we receive a request card or letter with your name on the referred-by line, you get 15 points for a sign-up. The office then sends materials out to your student. When their first lessons come into the office, you get another 35 points and when they complete the course, you get 50 additional points for a total of 100 for each student who completes.
- All your referred students and earned points are tracked and reported each quarter. There is no carry over from one quarter to another. Everyone starts the game with zero points at the start of a quarter.
- When 3 or more students you refer send in their first lesson, you will receive a commendation from Alison at the end of the quarter.
- When you need more yellow cards, just write to Alison and ask for more. They are easy to hand out to others who fill them out and just drop them in the mail. Be sure to put your name on the bottom line (referred by). If you can't use the cards, ask your librarian or chaplain if you can put them out for others to pick up, or if you can post them on a bulletin board. **YELLOW CARDS ARE FOR SIGNING UP NEW STUDENTS ONLY.**

WHERE ARE THE MOST STELLARS?

Here are the institutions with 10 or more Stellars. Annexes and work camps are grouped with the corresponding CI. There are 541 Stellars in Florida and 87 of you in 14 different states other than Florida. **STELLAR POWER — HELP MAKE MORE.**

Everglades CI	65	Union CI.....	18	Columbia CI, Annex, WC.....	10
Tomoka CI, WC.....	27	RMC Main, West Unit.....	16	Dade CI.....	10
Marion CI, WC.....	26	Jefferson CI.....	14	Martin CI, WC.....	10
Graceville CF.....	23	De Soto Annex, WC.....	14	Zephyrhills CI.....	10
Madison CI, WC.....	22	Wakulla CI, Annex, WC.....	14		
Hardee CI, WC.....	21	Liberty C.....	13		
Sumter CI, Annex, WC.....	20	Okeechobee CI, WC.....	11		
Avon Park CI, WC.....	19	Apalachee East & West Unit.....	10		
South Bay, CF.....	18	Blackwater C.....	10		



STELLAR PLAYERS (JUL - SEPT 2022)

Stellar Name	TWTH Requests in (15 pts each)	Lessons in (35 pts each)	TWTH Comps. (50 pts each)	Total Points
Allen C	0	35	50	85
Anthony J	0	35	0	35
Antonio M	0	35	0	35
Blaine E	0	35	0	35
Brandon W	0	35	0	35
Brittany M	0	35	0	35
Charlene R*	0	840	0	840
Christopher W*	15	35	100	150
David L	15	35	0	50
Derrick V	0	35	0	35
Donald D. W	0	35	0	35
Geoffrey H	0	35	0	35
Ivan T*	30	70	50	150
James K*	90	70	50	210
James T	15	0	0	15
Jason H	0	35	0	35
Jeremiah C	0	35	0	35
Jerry M	0	70	0	70
John H	0	35	0	35
Jose H	0	35	0	35
Joshua D	0	35	0	35
Kenneth G	30	70	0	100

Stellar Name	TWTH Requests in (15 pts each)	Lessons in (35 pts each)	TWTH Comps. (50 pts each)	Total Points
Kevin B*	15	105	0	120
Kurt V	0	35	0	35
Leandro A	0	35	0	35
Lorenzo W	0	35	0	35
Luis C	15	0	0	15
Mark G	0	35	0	35
Mark N	0	35	0	35
Michel B	15	35	0	50
Nathaniel C*	45	105	0	150
Orenthal G	0	35	0	35
Paul T	0	35	0	35
Reginald W	0	35	0	35
Richard D	15	35	0	50
Robert C	0	35	0	35
Robert F*	75	105	0	180
Terry D	15	0	0	15
Thomas A	0	35	0	35
Tommy D	0	35	0	35
Thomas P	0	35	0	35
Vasten B*	135	245	0	380
Walter B	0	0	50	50
William S	0	70	0	70