

**CAMP JOSEPH SCOTT**

28700 N. Bouquet Canyon Road  
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**Newsletter**  
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## Self-Love is the BEST Love by Cortny S

Self-love is the BEST love. Why? Self-love is something once you have, you'll never lose; it doesn't fade and you can never have too much love for yourself.

Now, self-love isn't being cocky or conceited. Self-love is being comfortable with who you are deep down inside. It's not being embarrassed by who you are or what you look like; it's even being comfortable with the things you do.

I have self-love. I'm comfort-

table with my gap (the gap between my front teeth). My gap gives me "character." I wouldn't trade my gap for anything in this world!

I'm bow-legged; I just think I'd be taller if I wasn't, but I'm not and my bow-leggedness makes me, ME.

Without self-love, I think it'd be hard for you to love someone else or for someone to love you. How can I love your smile, if you don't show it?

You know, for example, say you do an art project for the first time. You think you did pretty well on your project. Your homeboy, T.J., thinks it looks stupid. Two reactions to that, 1) You'll accept T.J.'s comment and will not be affected by it or 2) You'll start thinking the same thing and then become ashamed of your art work.

Don't let people bring you down, bring your confidence down or make you doubt your ability.

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## Self-Esteem – what does it mean?

*"Self-esteem means to have confidence in yourself. It means to believe in yourself."*  
*~ Jasmine D*

Do you believe in yourself? I mean really believe in yourself?

Do you believe in yourself enough to be a leader and not a follower?

That is, being a leader for positive change, to lift people up and not bring them down. To help people see the positive in their circumstances and not focus on the negative.

A person with high self-esteem is open to change. She is open to creating a new normal, a new lifestyle with goals that bring a future and a hope.

Self-esteem is having enough confidence to walk away from temptation, simply because you know what you want to do with your life and you do it.

When you have high self-esteem, you have the courage to turn your weaknesses into strengths and when you fall you jump right back up.

Self-esteem is knowing that you don't have all the answers and being wise enough to listen to another person's point of view.

Self-esteem is understanding that life is tough, realizing it is not where or how you start in life it is about where you end up; it's being aware of obstacles and jumping over them to end up in the right spot.

## Self-Talk – what do you say when you are alone? by Cortny S

Oftentimes when I'm alone, I spend a lot of time trying to convince myself that everything isn't as bad as it seems. My thoughts go wild. I think about so much...but, my main thoughts are thoughts of encouragement, I can and I will. Sometimes, I get depressed when I think about my situation. I'm 16 about to turn 17. I'm locked up and I'm a semester behind in school. That's all negative. And, then I remind myself I'm 16, almost

17, yes, I'm still young. I'm smart enough to catch up in school faster than I think when I apply myself. Yeah, I am locked up, but this is the break I needed to slow down and get my priorities in order. Being locked up has been more positive than negative. I've been able to slow down, and get my thoughts together. I have to go to college, I tell myself daily. I need to get my test business taken care of. I still have ACTs and SATs to do.

There is so much I need to do, but I'm not going to worry myself. Everything will soon fall into place.

I prefer to live in my own apartment and do my own thing, but I have to have the means and ability to provide for myself. My little brother needs his big sister, but I am being held captive at Camp Joseph Scott all because of the choices I've made. When I get out I will make better choices.

To all my family, I love you guys. I know I've made choices that haven't been the best, but I love you and know I'm on a path to do better.

*"I'm scared to go home because I'm afraid I'm coming back."  
Alonza W*

## Self-Visualization – what do you see? by Jasmine D

Tell me what do you see in your future??? What can you picture yourself doing as a lifetime career?

How I look at it is, you can be whatever you want to be, but can you see yourself doing it? Do you have enough faith in yourself to make it happen?

Well, I see myself doing a lot of things.

Everyone knows my first choice is singing. I see myself at the B.E.T. Awards show nominated as Best Female R&B Artist. I see myself walking up on stage to accept the award.

I see millions and millions of people cheering for me. After accepting my award, I see myself on stage performing my latest song.

But, what about you?

What do you see?

Tell us what you see ... you just might find it in our next newsletter!



## Trust – whom do you trust? by Alejandra A

As I sit here thinking what my brothers could be doing out there, I ask myself over and over could they be doing good or bad? But, all I can do in here is take it away from my chest.

I have trust in myself and in my family; they are the only ones that motivate me to move on and to stay strong in here.

When I talk to them I share with

them the new lessons I learned in here and I ask them, you know, what they are doing. I tell them that I am sticking with my promise that I am going to stay strong and have trust and hope in myself.

Let me tell you this, trust for me is like the trust I have to move on and know I am going to make it through and that my brothers won't make the same mistakes I did.

I discipline them by telling them to not go to the hot spots I've gone to so they don't end up in a situation like mine.

So, I'm in here and I thank God he made me trust in myself and that I could cultivate what I want in my life.

# Hope for the Hopeless by Alejandra A

## A Prayer

Oh God  
I have sinned  
again.

I hate my sins  
because they part me far  
away  
from  
you.

I promise with your grace  
and  
forgiveness I won't sin  
again.

I'm going to get away  
from the places  
that take  
me to  
sin.

## Faith

I have faith that I'm going to  
make it through my life ... a life  
that I always dreamed of.

I'm not letting no one  
bring me  
down  
from my cloud.

So, as I move on with my head  
held up high, my parents will be  
so glad that I made it through  
these hard times of life.

As I go up higher and higher, I  
thank God for  
making me  
fly.

## Change

*"You must be the change; you  
wish to see in this world."*  
Mahatma Gandhi

I could of done better to have a  
better life. If I did it the right  
way.

I just want to change, be a good  
person with an alright career.

I want to be a nurse and go to  
Cerritos College.

I want to graduate from high  
school and do the stuff I should  
of done.

I have hope.

I'm going  
to  
change.



You are not Alone



You're nicer than honey

You're kinder than doves,

You're the sort of person I can  
trust. I can't live thinking that  
you're my best friend that I could  
trust, hope, and love.

I came today hoping you'll accept  
me the way I am and listen as I  
listen, trust, hope, and love for  
you. And now I'm sitting here in  
jail hoping my days go by.

I could of done better to have a  
better life. If I had done it the  
right way NOW I sit in jail behind  
these walls thinking and saying to  
myself, "now I know what the  
meaning of trust, hope, and love  
is in this life."

I hated my life how it was going,  
hanging, killing, and fighting, but  
all I could do to have all the  
above is to let myself be strong  
and get help to gain the trust,  
hope, and love again.

Author:  
Alejandra A

## Daily Self-Affirmations

- I have better communication with my family.
- I go to school daily.
- I will never go back to Camp Scott (PERIOD).
- I will not give up no matter what.  
✉ Alonza W
- I am confident.
- I am a hard worker.
- I will continue to learn.
- I am strong-minded and kind-hearted.
- I am independent and determined to succeed.
- My future is filled with success.
- I am strong and open-minded.
- I will never give up on those that I love or on myself.  
✉ Cortny S
- I am successful.
- I am not giving up on life.
- I love the life I live.
- I am a loving person.
- I am a strong-minded person.  
✉ Alisa J
- I have potential to be a hair stylist.
- I have high self-esteem.  
✉ Gloria M
- I am not a prisoner of my emotions.
- I am stronger than I think I am.
- I am beautiful inside and out.  
✉ Lucy A
- I am a professional singer and very successful.
- I am finishing school.
- I am bettering myself by putting my past behind me and moving forward.
- I am a talented young lady.
- I am pain free.  
✉ Jasmine D
- I have my GED.
- I am accepted into college.
- I am a nurse.
- I am not alone in this world.
- I am capable of becoming who I want to be.
- I am not giving up on my dreams.  
✉ Alejandra A

# Word Puzzle



Hate

Is

Pain



Pain

is

Love



Love

is

Caring



Caring

is

Peace



Peace

is

Harmony



**Author:**  
Alisa J

I B E F W A B N Q E O H R J G  
V A S C D U V W H E R O E H B  
G U J W A B Q C J C V M T X T  
A A Z Z H R L E G A D E H H S  
S I N G E R G N X E N T G E Q  
F P I R E T S I S P T B U V B  
O A C U S T I Y W O R U A O E  
Y L I M A F C W C O S T L L L  
Q E G K N N V S T S C H O O L  
T C E P S E R H M E R C Y G J  
Y N Y P N Q E O V B T F Z O H  
A P K U M R R H U A I W J A O  
F Y R L X A T X F S Z H T L I  
B S T R W O C F S L O X A S F  
E F H V B I D W O A T H N R I

BROTHER  
CAMP  
FAMILY  
GOALS  
GRACE  
HOME  
LAUGHTER  
LOVE  
MERCY  
NURSE  
PEACE  
RESPECT  
SCHOOL  
SCOTT  
SINGER  
SISTER

## Living Life by Cortny S

Well what can I say about life? Man, life is crazy, but everyone knows that. Newborns come into this world probably wondering, "What is that?" "Who is it?"

I wish there was a guideline to living life, a book available at Barnes & Noble. At least that way I'd have some clue as to how life is going to be.

I am a child of the system. My every move is closely watched basically, my life is controlled

by strange people. I didn't know this was going to be my life. If I did, I would have been Oprah's baby! But, instead of complaining I'm making my life bearable. I mean, I'm working on making my situation better. I can't change my life or the choices I've made, but I can make sure that my future will be better.

Life is a precious gift. It's divine, beautiful, and of course life-altering.

*"My mother said I must always be intolerant of ignorance but understanding of illiteracy. That some people, unable to go to school, were more educated and more intelligent than college professors."*

~ Maya Angelou

*"We cannot learn without pain."*

~ Aristotle

*"We are what we repeatedly do. Excellence, then, is not an act, but a habit."*

~ Aristotle

*"No matter the situation, don't react out of ignorance."*

~ unknown

*"Life is a series of collisions with the future; it is not the sum of what we have been, but what we yearn to be."*

~ Jose Ortega y Gasset

*"Living is a constant process of deciding what we are going to do."*

~ Jose Ortega y Gasset

Two of my older brothers are fathers; their lives have changed. My second oldest brother is expecting his first child. My oldest brother is trying to settle down and get his family started. Meanwhile, my big brother K.P. is experiencing "the nerves." He's nervous and doesn't think he'll be a good dad, but I know he'll do it well ... he took care of me.

Life is really mind-altering and heart-changing. I'll make the best out of it while I have the time.

## Citizenship – is it important? by Lucy A

It is important to care about our surroundings and people in it and not only think about ourselves and our needs.

No one is asking you to bend over backwards for them, but sometimes we just need someone to lean on.

It's messed up when someone is having a bad day and we all have to suffer the consequences.

We should all take the time to sit down and remind each other how extremely resilient we all are.



*"Why did my Mom*

*have to die?*

*Why did my sister*

*have to die*

*when I didn't have a*

*chance to meet her?"*



*Jasmine D*

## Another Word Puzzle!

V I C T I M L N S O M S P R O  
 K L A T R O E N F H M E O E P  
 F T S C R L O I S D D L W N T  
 W V N T O I E F G M Z C E W R  
 S O N Y S V U K K H V A R O A  
 Z O R I H T E D C I U T F N M  
 C Q C T U E R R C F M S U L S  
 M E X R H E H T C I U B L C N  
 D H E L S Y I F N O B O D P Y  
 V P W P X M Y D J N M Y V U H  
 D A E H A N D S B X R E R Q A  
 G C L T L Q H D U J D Y X T D  
 T P Z U K P E N J K V M U E Q  
 I W L N E R W M Q M O R E T O  
 Z V R X B H D Y U V O W Q W D

CONTROL  
 HANDS  
 OBSTACLES  
 POWERFUL  
 TALK  
 WORTHY

DECISIONS  
 MIND  
 OVERCOME  
 RESPECT  
 VALUE

FUTURE  
 MORE  
 OWNER  
 SMART  
 VICTIM

"People are afraid to  
 live, but scared to die."

Author Unknown

Quote provided by: Cortny S

*A beautiful life does not just happen; it is built daily by prayer, humility, sacrifice and love. May that beautiful life be yours always.*

*~ Dennis Castillo*

## Free your Mind, Change your World by Lucy A

Every day that I'm incarcerated I focus on learning a new lesson, mainly on the topic of self-discipline.

I don't want to be a prisoner of my emotions. My definition of that statement is that I no longer want to be influenced by my emotions to make decisions.

Emotions cloud our vision then we, girls, make poor decisions.

Unfortunately, in the process we blindly damage our mind, body, and soul.

We always want to blame another person because it is easier than accepting the fact

that we were wrong or misled. By freeing my mind of old habits, I can change my world.



Break the link to self-doubt

## If Life Had No Limits, I Would ...

"I would donate. I would be a sponsor for people who want to open kid shelters that don't want to be involved with DCFS and probation. I would go to my dream college and throw parties and donate the funds to girl placements."

Lucy A

"If life had no limits, I'd be a basketball player, chef, rapper, and law student. And honestly, I do have hustle instincts, so, I would hustle on the side.

"If I was free to do whatever I wanted in this life, I'd have homes built for the homeless and parentless kids. No one in this world would be hungry, homeless, or broke. I'd be rich and take care of all my brothers and sisters, as well as my nieces and nephew.

"I love all my nieces' and nephew's family and I would take care of them. They'd have everything and anything they wanted. Also, I'd have the cure to HIV AIDS."

Cortny S

"I honestly would have a husband and two kids and he would have a job and I wouldn't be rich. I would just be a stay at home wife and take care of my family ... cook, clean, and be the perfect wife. I would have the perfect marriage. But just because I'm a stay at home wife, I would still have knowledge and I would only be a part time psychologist. And I would have all the answers to all the questions that I have about myself and life."

Alonza W

"I would be successful ... But then again I might not be happy because I'm not sure if I'd have someone to share it with.

"I also think I would be miserable because I wouldn't want people to be around me just because of what I have."

Alisa J

"I would make sure my mom was drug-free and that she would be able to take care of me and my nine brothers and sisters. I would graduate from high school and college and become a singer, model, and actress. I would give my family everything they hoped and dreamed of."

Jasmine D

When I first saw you  
I was afraid to meet you  
When I first met you  
I was afraid to hug you  
When I first hugged you  
I was afraid to love you  
And now that I love you  
I am afraid to let you go ...

Author:  
Alisa J

## At Camp Joseph Scott Character Matters



