

## RESIDENT STANDOUTS



**Tracie Park** is a workhorse. She never stops. I had a friend once joke that if he stood still, it felt like he was moving backwards. That is Ms. Park. Logically, I know she has to be tired after working at a labor-intensive job, but to talk to her, you'd think she fluffed pillows all day. She is a bundle of energy and is always looking forward. From requesting classes to improve her money management to applying for, receiving, and completing a certification course to increase her earning potential in the future, she is unerringly focused like a dog with a bone. Which is ironic, given her goal is to help animals in need. Regardless, Ms. Park is doing everything she can to put the puzzle pieces in place while others might be content to float. I respect her work ethic more than she can know, and I respect her as a person for the grace with which she carries herself as she moves ahead.

In Tracie's scholarship application for the flagging course she stated, "I feel that this could really help me with my goals, and it will set a great example for my children. This will give me the opportunity to change the course of my career and better my life. I can work a job that doesn't break my back and allow me to make a great hourly pay and not live paycheck to paycheck."

**Damon Titchbourne** has stood out to me. Despite some pretty significant struggles in his personal life, he has maintained his positivity. A lesser man would sink into negativity and a "woe is me" attitude, but Mr. Titchbourne has stayed focused on his goals and what he needs to do to reach them. I first met him when he was asking about classes he could take, and I was impressed that he was willing to take charge of his time while here. He shows compassion for those around him and, again, even though it is tempting to slip into a generally negative outlook, he is open and willing to communicate the struggles he has come through to encourage those around him.



## STAFF MILESTONE



**Ryan Konecny, Compliance Officer - 5 Years:** One of the reasons Ryan is a 49ers fan is because he is from Fremont, California, near the San Francisco Bay. Growing up there, Ryan enjoyed playing sports.

After graduating from high school and working various jobs, Ryan decided to join the Army. Joining the military was always in the back of his mind because he wanted to travel and see the world. The reason now was a little different – he had a wife and a baby on the way. His priority was to have a stable job with benefits so he could provide for his family.

Ryan was stationed in Fort Carson, Colorado, and his MOS was that of an engineer. He served in two separate deployments, one to Kuwait and Saudi Arabia, and the other to Iraq. Ryan is thankful he was able to go to college for computer security networking while in the Army. He obtained on the job training and experience setting up networks for training sites.

Ryan and his current wife Aly have been together for three years and married for almost a year. They own their own home and are raising their 14 and 13 year old girls and 12 and 9 year old boys.

Ryan likes watching football and playing video games. He still has the bug to travel and enjoys experiencing new places. When I asked what his hopes and dreams are, he responded, “For the 49ers to win a super bowl!”

What does Ryan like about working here? “I like seeing the residents complete their program and not come back. I’m here to help them out and listen and give advice if they need it.”

Congratulations Ryan!

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## Honors Member

Congratulations to **Michael Temple** for being accepted into the Honors Program! Those that work with Michael noted that he helps others by sharing his thoughts and experiences in group.

Michael stated that with every stressful situation he encounters, “I take a look at my fault in it and analyze how I could fix the problem. I never used to be like that, so it’s a task, but I’m overcoming the way I would have handled things.”



# NATURAL HIGH

BY KRISTINA ROBB-DOVER, FHE HEALTH

Tidbits from Robin

These days, who doesn't want to live "the good life," one that's happy and healthy (without the damaging effects of alcohol and drugs)? In this sense, much of what everyone is searching for is how to get high naturally. But what does that really mean and what are some examples?

For starters, a natural high is something that's new, exhilarating, fulfilling, and easy to do. It's not about introducing chemicals (drugs, alcohol, etc.) to create an artificial high. At the same time, activities on a natural high list are completely safe, non-addictive, and can be engaged in alone or with others. For many, in fact, a natural high is enhanced by the presence of others, since sharing enjoyable activities in itself helps produce feelings of wellbeing and satisfaction.



Robin Castle

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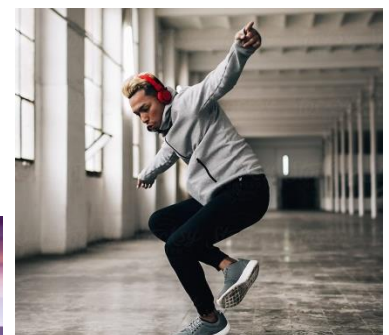
## Finding a Natural High

The term "natural high" refers to an overall feeling of wellbeing and pleasure that doesn't come from drugs, isn't artificial, and doesn't pose serious health risks or result in an overdose. Why would someone be interested in achieving a natural high? Aside from the fact that feeling good from healthy, non-drug activities is desirable, the effects are longer-lasting and produce health benefits beyond euphoria. There's also no risk of losing memory about the activity like there often is following drug use. Feeling relief, happiness, and pleasure are other reasons to learn how to get high naturally and to regularly engage in activities that produce a natural high.

During any search for activities that produce a natural high, keep in mind that these are activities that drive euphoria and a sense of thrill-taking. Going for a casual stroll may make you feel good, yet adding brisk steps to the walk intensifies the workout and gets the body producing "feel-good" endorphins that are totally safe and an essential element in activities on the natural high list.

Here are a few examples how you can gain a natural high:

1. Take deep breaths
2. Play a sport
3. Walk with a friend
4. Tell stories around the campfire with your kids
5. Savor a good meal
6. Spend the night under the stars with a loved one
7. Walk barefoot in the sand
8. Listen to water rippling or waves crashing
9. Plant and care for a garden
10. Pick flowers and arrange a bouquet
11. Watch the sunset
12. Get out in the mountains
13. Get up early to watch the sunrise
14. Pet a cat or take the dog outside for a walk
15. Treat yourself to a massage
16. Practice Yoga
17. Listen to Music
18. Take a run that pushes your limits
19. Lift weights
20. Dance
21. Laugh





## Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



**Rick Kuykendall** commented that being an inmate worker was a good thing for him. He's been in and out of incarceration for the past 26 years, not really holding down a job, so this was an appropriate way to be introduced back into society and the work force. Rick said the inmate worker program taught him about attendance, punctuality, and hard work.

After completing the program, Rick admitted that he was pretty nervous about going out into the community and job searching. At the same time he felt a sense of relief as he inhaled the fresh air and tasted a little more freedom. With his experience and some recommendations from friends, Rick landed a cooking job right away.

Rick spent most of his growing up years in Smeltonville, Idaho. His family was into mechanics and logging. Rick liked "running around in the mountains riding motorcycles and fishing." He looks forward to playing in the mountains again and panning for gold and collecting rocks. He also enjoys motorcycles, mechanics, and building cars. He gravitates to muscle cars and Harleys. His favorite car is the 1969 Chevy Camaro.

Rick spoke fondly of his daughters and granddaughters. He doesn't really know them yet, but he plans to work towards gaining a relationship with them.

I asked Rick for some advice to give to other inmate workers. He responded, **"Stick with it, learn, and get everything you can out of it because it will definitely help you. Don't get overwhelmed or stressed; stay positive. Six months isn't long. If I can do it, anybody can do it."**

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## Future Build Program Graduate – By Noel Walker

I would like to take a moment to congratulate Resident **Justin Gallery** on his graduation from the Future Build program at Great Falls College-MSU. From day one Mr. Gallery set his sights on this program, recognizing early on the capacity for gain such an opportunity would provide him. He found employment that would work with his class hours, obtained financial aid, and secured a seat in the class. That was all before the actual work began. Mr. Gallery has worked to complete the Future Build Program, and by doing so has paved the way to fantastic career options upon release. He remained flexible despite the different obstacles that arose during his course, and maintained a professional and positive relationship with the staff at the college. His success is an example to others what the power of perseverance can accomplish, and through his achievements has demonstrated to future residents that the Future Build Program has the potential to work immeasurably positive change.



Left: Resident **Justin Gallery** receives his Certificate of Completion for the Future Build Program from Danny Boyer, Instructor and Construction Trades Coordinator of GFCMSU Trades Department.

Right: The course's graduates line up in front of their nearly completed shed.



## An affordable way to care for your Oral Health

By Brenda Demers



Great Falls College MSU dental hygiene students came to the center and provided educational and informational sessions to interested residents. Residents that attended the sessions received an oral hygiene kit and a voucher for a free cleaning.

The students stressed the importance of flossing and oral hygiene. They also shared how people can apply for the school as well as the pay rates for dental assistants and hygienists. Great Falls College is the only dental hygienic program in the state, and there are limited slots.

The students are required to complete a large number of cleanings under the supervision of a licensed dentist and registered dental hygiene instructor prior to graduation, and patients seek affordable options, making it a win-win.

The current prices for a cleaning, which includes x-rays are:

Adults - \$35 Seniors - \$30 Children - \$25

Sealant services are \$8 per tooth

Whitening services include a customized tray and two treatments for \$40.

To schedule an appointment, call [406-771-4364](tel:406-771-4364) or go to the Great Falls College Dental Clinic website.



C.O. Danni made sure **Staff Cook Liz Davis's** birthday was a memorable one.

Thank you, Danni, for always being thoughtful!

### Why it's Important to Recognize Birthdays

Remembering someone's birthday holds significance from both psychological and cultural perspectives.

Remembering someone's birthday is a simple yet powerful gesture. It signifies that the person is important enough to be remembered. This act of recognition can enhance the relationship and foster feelings of closeness.

When you remember someone's birthday, it reflects emotional intelligence. It shows that you understand their emotions and genuinely care about their well-being.

Remembering someone's birthday is a way of acknowledging their existence and celebrating their life.

## GFPRC Life Long Learning Scholarship Recipients

**Kay Johnson and Kyra Eoff** know that good food - - delicious, memorable food - - not only feeds our bodies, but nourishes our souls. Good food fuels our days and brings us happiness.



So both Kay and Kyra (as we have nicknamed them: the Dynamic Duo) are not waiting for release before jump starting their culinary careers. They are both recipients of the GFPRC Life Long Learning Scholarship that paid for their ServeSafe certificate which they completed on April 9<sup>th</sup>. This scholarship, which requires an essay as to the need and purpose, is available to any resident seeking to further their education with specialized course work. Please contact Noel in the Education Dept. for more details.

The ServeSafe certificate opens many doors. In fact, it is necessary for a food service career. Kay and Kyra both explained that for kitchen management, safe service is an essential requirement. When people go out to eat, they think about having a good meal and a good time; they don't think about all the dangers of improperly prepared food.

However, all who work in food service work hard in the kitchen to make sure the dining experience is safe. The temperature of the food, the storage, the preparation, and the quality of the food brought into the establishment are critical to keep all patrons safe. Some of the dangers of improperly prepared food include cross contamination and pathogens, dangerous for all, but especially for the young and the elderly.

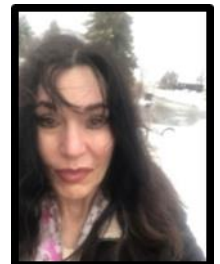
Armed with their ServeSafe certification, and getting back to it, out in the world, both Kyra and Kay have wonderful plans. Kyra explained her vision: "I will be able to move forward in my career. My passion is to serve food to the community."

Kyra continued, "I'm excited to see people smile and say, 'Oh! That food was so delicious!' Food is love and I want to bring that joy to the community." Kyra even has a super name for her upcoming food business: "You're Bac'n Me Crazy". And this will feature, yes, just what you already guessed: lots of bacon on the menu, which will be highlighted by lots of pink décor.

Kay is also making plans full speed ahead. Kay said she started cooking at a kid's camp when she was 15 years old and so creating wonderful meals, "just gets in your blood." Kay further explained, "Cooking and baking-I just love it." Kay has owned two restaurants and a food truck, "Grizzly Bear Express". Kay's passion is preparing not just food, but really good food – food that she believes in and is proud of."

**NEWS BY SHEENA JARVEY**

We are proud of both Kay and Kyra. They are not letting past difficulties and struggles take away their future and both are making good use of the opportunities available at the Pre Release. Kay and Kyra are moving ahead, stronger than ever, and will bring good food and happiness to their communities.





## STAFF MILESTONE



**Ray McClelland – 5 Years:** It’s easy to pick up that Ray is a southern boy. He is from Port Neches, Texas. High school football is a big thing in Texas, so, of course, he went to a lot of games. Ray loves baseball and enjoyed playing that and fishing on the Gulf coast.

Most of the kids from his hometown graduated high school and went to work in the refineries. Ray didn’t want to do that, and his family couldn’t afford to send him to college. With the urge to get out of Texas and travel, he chose to join the Navy. His job assignment was interior communications. Ray loved the Navy. “I learned a lot, got to see the world, and I got my bachelor’s degree in history. I wouldn’t have traded it for the world.” He added that he liked fishing in different parts of the world and seeing all of the historical sights. After four years, Ray transferred to the Naval Reserves, went to college, and obtained a job in Houston teaching 8<sup>th</sup> grade American history. Then 9/11 happened and Ray returned to active duty in Norfolk, Virginia. His career culminated in Montana as a Navy recruiter. Ray spent a total of 12 years in the Navy.

Ray likes his job in the UA lab, and he finds it interesting learning about the different drugs. But, if he didn’t have to work he would buy an island off the coast of Mexico and do all that comes with it.

Some of the things Ray likes:

History and useless trivia	Cooking Mexican food and gumbo	
Houston Astros	Texas A&M	
Golfer Paige Spiranac	Comic books	Star Wars
Classic Rock	Christian Rock	Classic Country

Last, but certainly not least, Ray loves being a father. His 12 year old daughter is the light of his life. Congratulations, Ray!



According to Ray, he is standing next to the last person to see the Yankees win a World Series

### PRE-RELEASE PRESS

Editor: Brenda Demers



**Residents:** You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact **Brenda 455-9323** [brenda@gfprc.org](mailto:brenda@gfprc.org). Any suggestions are also appreciated.

# EDUCATION

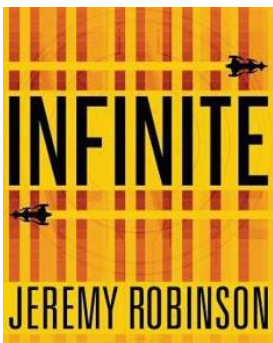
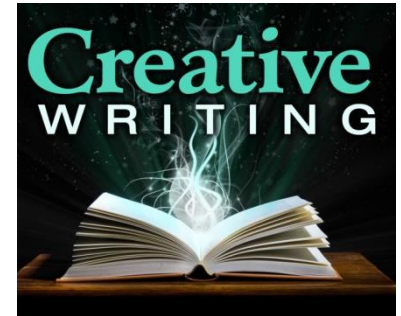


It's been a busy month in the Education Center. One could take this time to reflect, sure, but I prefer to look forward. With that in mind, let's talk about what's coming up. The **Structural Welding Program** as well as the **Future Build Program** offered through Great Falls College MSU will start their summer sessions in June. Money is tight through the regular channels, but that is not to say there is none. If you are interested, come see me. We will see what we can do to get the funding to get you a seat at the table. Applications are currently being accepted, and seats are limited. Time is of the essence.



**Noël Walker**  
EDUCATION COORDINATOR

If you are interested in finding like-minded individuals, you might enjoy the Creative Writing Session offered every Tuesday evening at 1900 in the Education Center. Participation is not required. If you just want to come and sit and listen, that is perfectly okay. As one of the participants has said, this is a great way to "embrace the uncomfortable" in a positive and constructive way. I put out prompts weekly by my posted schedule on each campus if you are struggling with inspiration. Come join us. It's better than the reruns on VH1.



Next month's book selection is *Infinite* by Jeremy Robinson. This reality bending sci-fi novel is the first in a series spanning a vast world-building collection of tales from a New York Time's Best-Selling Author. Keep your arms and feet inside because it is a bit of a roller coaster. There will be two copies in the library for check out by the middle of the month. We can arrange a day to meet and discuss the book based on the schedules of those interested.

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Congratulations to Resident **Kay Johnson** for receiving the Life Long Learner Scholarship. Ms. Johnson applied for and received funding to pursue her goals of obtaining her ServSafe Management Certification. She is excited for the opportunities this certification will generate for her and her career. You are a most worthy recipient, Ms. Johnson, and on behalf of the Scholarship Committee and the Center, we are proud of you!

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Congratulations to Resident **Tracie Park** for earning a scholarship to pay for Flagger Certification Training offered by Great Falls College MSU. Ms. Park worked very hard to get her scholarship, seeking out help and advice to write a good essay, and managed to get her application in just before the cutoff (with a tremendous essay, I might add). Good luck to you, Ms. Park. The scholarship committee is rooting for you



## Resident Highlight

By Brenda Demers



It was suggested by a staff member to highlight **Aaron Starr** in the newsletter because of the beautiful music he creates with his Native American flute. Aaron was hesitant, telling me that there are plenty of other residents that were more deserving. I don't think I ever did convince him that he is worthy, but here we are anyway.

Aaron shared, "Growing up, aside from our traditional Cree ceremonies, I traveled with our family and drum group Starblanket Jrs, comprised of my brothers and first cousins, competing and hosting many celebrations across North America. In 1997 – 1998 we were crowned World Class Northern Style Singing Champions at the Gathering of Nations in Albuquerque, New Mexico, a life-long dream of ours realized."

Aaron told me how he attained the flute he plays. He noticed it hanging in his grandma's house collecting dust. She took it down, handed it to him, and counseled, "This is going to help you out." At the time he didn't know what she meant. Through the years, the flute took on great meaning. "I took it in my car and it sat on the back seat. Whenever I wanted to make people happy, I would take it out and throw some riffs."

Aaron explained that Native American traditions of flute music were to soothe and calm the camp and the people in times of contention, and to show a romantic interest in a partner. He commented, "I'm thankful that I have these skills, but I don't use them for self –benefit. I use them to give people life and to pass on good feelings." His goals are to retain and revitalize the teachings and language of his people through his music.

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### 9 Daily Habits That Will Make You Happier –Geoffrey James, Inc.

- 1. Start each day with expectation:** If there's any big truth about life, it's that it usually lives up to (or down to) your expectations. Therefore, when you rise from bed, make your first thought: "something wonderful is going to happen today." Guess what? You're probably right.
- 2. Take time to plan and prioritize:** The most common source of stress is the perception that you've got too much work to do. Rather than obsess about it, pick one thing that, if you get it done today, will move you closer to your highest goal and purpose in life. Then do that first.
- 3. Give a gift to everyone you meet:** I'm not talking about a formal, wrapped-up present. Your gift can be your smile, a word of thanks or encouragement, a gesture of politeness, even a friendly nod. And never pass beggars without leaving them something. Peace of mind is worth the spare change.
- 4. Deflect partisan conversations:** Arguments about politics and religion never have a "right" answer but they definitely get people all riled up over things they can't control. When such topics surface, bow out by saying something like: "Thinking about that stuff makes my head hurt."
- 5. Assume people have good intentions:** Since you can't read minds, you don't really know the "why" behind the "what" that people do. Imputing evil motives to other people's weird behaviors adds extra misery to life, while assuming good intentions leaves you open to reconciliation.
- 6. Eat high quality food slowly:** Sometimes we can't avoid scarfing something quick to keep us up and running. Even so, at least once a day try to eat something really delicious, like a small chunk of fine cheese or an imported chocolate. Focus on it; taste it; savor it.
- 7. Let go of your results:** The big enemy of happiness is worry, which comes from focusing on events that are outside your control. Once you've taken action, there's usually nothing more you can do. Focus on the job at hand rather than some weird fantasy of what *might* happen.
- 8. Turn off "background" TV:** Many households leave their TVs on as "background noise" while they're doing other things. The entire point of broadcast TV is to make you *dissatisfied with your life* so that you'll buy more stuff. Why subliminally program yourself to be a mindless consumer?
- 9. End each day with gratitude:** Just before you go to bed, write down at least one wonderful thing that happened. It might be something as small as a making a child laugh or something as huge as a million dollar deal. Whatever it is, be grateful for that day because it will never come again.



## Easter Bags for Family Members Craft



Nathaniel McDonald



Justice Switzer



George Fode



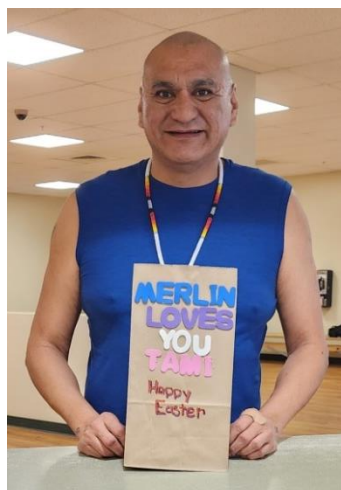
Justin Fifield



Jeremy Smithson



Joshua Winton



Melvin Heavygun



Bobby Joe Flatt



## Easter Bags for Family Members Craft



Cameron Miller



Nathaniel McDonald



Larry Espinoza

*I just want to say thank you to Danni and all staff involved in providing us the supplies to make Easter baskets for my children. I really enjoyed doing this activity. I felt that it brought the community together enjoying the opportunity at such a tough time in our lives. I haven't been able to do things for my family on holidays for the last couple of years. My children really liked the sack. Thanks again to all involved.*

**Cameron Miller**



Hunter Peffers



Michael Merzlak



Leonard Stanley



George Fode

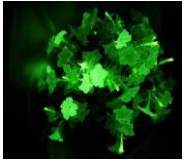


## JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



**Jeff Barnhart**  
Facility Services Director

### I DIDN'T KNOW THAT



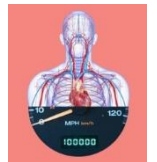
Glow in the dark Petunias are now able to be sold starting this April. This petunia glows in the dark. Not “glows” in the way that we usually use the word, to describe how white flowers reflect moonlight. These flowers don’t reflect the light. The leaves and flowers of this plant have been bred to emit the light. It’s called the Firefly Petunia, and it’s the first commercially available bioluminescent plant. The scientists at Light Bio, Inc., a biotechnology firm in Sun Valley, Idaho, created it by genetically modifying herbaceous plants using genes from bioluminescent mushrooms.

The world’s oldest wooden wheel has been around for more than 5,000 years. It was found in 2002, approximately 12 miles south of Ljubljana, the capital of Slovenia, and is now housed in the city’s museum. Radiocarbon dating was used to determine the wheel’s age, which is somewhere between 5,100 and 5,350 years old.



The Bumblebee Bat is the world’s smallest mammal weighing in at 0.05 to 0.07 ounces, with a head-to-body length of 1.14 to 1.29 inches and a wingspan of 5.1 to 5.7 inches, the Bumblebee Bat—also known as Kitti’s hog-nosed bat—is the smallest mammal in the world, according to the *Guinness Book of World Records*. To see this tiny bat for yourself, you’d have to visit one of a select few limestone caves on the Khwae Noi River in Kanchanaburi Province of southwest Thailand.

The circulatory system is more than 60,000 miles long. If a child’s entire circulatory system—we’re talking veins, arteries, and capillaries—were laid out flat, it would stretch for more than 60,000 miles, according to the Franklin Institute. By the time we reach adulthood, our bodies have become home to approximately 100,000 miles of blood vessels.



What is the only city in the world that spans two continents? Though Istanbul is considered one city, part of it sits on the continent of Europe, neighboring Greece and Bulgaria; the other part sits on the continent of Asia, neighboring Syria, Iran, and Iraq beyond Turkey’s borders. Between them runs the Bosphorus Strait, a narrow body of water that connects the Black Sea to the Mediterranean Sea via the Sea of Marmara. The result is a cultural and ethnic melting pot, a cosmopolitan city with Greek, Roman, Byzantine, Ottoman and modern Turkish structures—a skyline of domes and minarets in mosques, churches, and synagogues, palaces, castles, and towers.

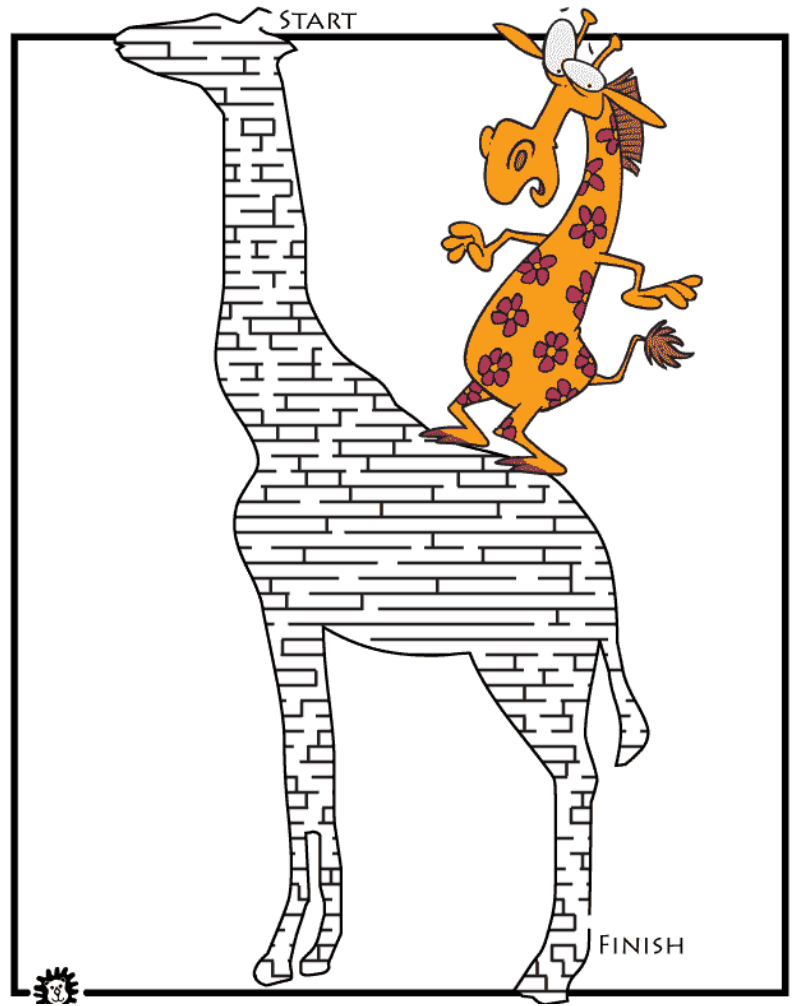
German Chocolate cake was invented in Texas. The “German” part of German Chocolate cake comes from an American man—not a European country. Specifically, it’s named after Sam German, who in 1852 created the formula for a mild dark baking chocolate bar for Baker’s Chocolate Company, which was subsequently named Baker’s German’s Sweet Chocolate. Fast-forward to June 13, 1957. The *Dallas Morning Star* published the recipe for the cake, invented and submitted by a reader identified as Mrs. George Clay, according to *What’s Cooking America*.



The Windy City nickname has nothing to do with Chicago’s weather. If you live in Chicago, you might already know this random fact, but we’re betting most other people don’t. Chicago’s nickname was coined by 19th-century journalists who were referring to the fact that its residents were “windbags” and “full of hot air.”

Great Falls ranks in at #10 with an average wind speed of 11.5 miles per hour.

# FUN & GAMES



## SPOT THE DIFFERENCE

