

RESIDENTS OF THE MONTH

Nominator states: Norman offers an inspiring example of a person who has not given up on improving his life. Norman has spent long stretches of time in prison and is currently working hard to regain his life and regain his stability. Rather than let his past bring him down and keep him down, Norman is putting good effort into his program and looking ahead to living successfully in society. Always polite and respectful, Norman demonstrates it is really never too late to make a significant change in life and have a much better life. Norman is navigating his new life with dignity and determination, which would make him an excellent Resident of the Month.

East Campus



Norman Pulliam

Women's Center



Nominator states: Kristal Leonard has run a great program since arriving at the GFPRC. She has not received a single write-up and has worked hard since day one. She participates in programming outside the center and is currently taking Thinking for Good in-house. Resident Leonard is always motivated to complete what is expected of her and continues to be respectful to staff. She is a role-model resident who deserves to be recognized for her efforts at the GFPRC.

Kristal Leonard

Nominator states: Mr. Dolatta has been in the center for his IW program and now 155 days in his regular resident program. During this time he did receive one minor write up but also received 5 positive write ups for helping and going above and beyond around the center. He also worked and obtained his Hi-Set. He is treatment complete. He applied and was also accepted into the Honors Program. He is very organized with is requirements of his program and is willing to go above and beyond to try to help others. He has a very positive attitude that is noticeable around the center.

West Campus



Brian Dolatta

Second nominator states: Brian Dolatta stands out as a person who meets the criteria of Resident of the Month. Brian has truly turned his life around. By his own admission, he has left behind the behaviors and the mindset previously defined him. He is now moving ahead with purpose and determination to realize and activate his potential. Brian recently received his HiSET, scoring high marks. He has requested and completed a number of therapy groups. He utilizes his time well and works for balance in his life. His creative side is evident in his bead work, but it doesn't end there, as Brian enjoys all types of crafts. One of his goals is to help others discover how crafting can improve their lives. Brian is always ready to lend a helping hand, whether it is spending time with a resident having a rough day or helping out with chores around the Center. He treats everyone with respect and maintains a great attitude.

Oh, the Talent!



Wolfgang Vasquez

Below is a Diamond Art picture made by Brian Dolatta



Diamond Art is a creative activity that involves applying colorful resin rhinestones to canvas with a pre-printed design.



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. Any suggestions are also appreciated.

Stephen Peck – Honors Member



Congratulations to Veteran Stephen Peck for being accepted into the Honors Program! He is the first and only resident that has taken the time to type out the answers to every question on a separate paper. He was thoughtful, honest, and thorough in his answers.

Comments from those that work with him include:

“Resident Peck continues to be a top performer. His employer regards him as having a great work ethic. He remains a leader among his peers and puts forth the effort to help other residents as they settle in to the pre-release lifestyle.”

“He has a positive attitude and a highly motivated drive to grow. He holds himself to a high standard and takes full responsibility for his past. He has a firm grasp on his goals and the steps he needs to take to achieve them.”

“Mr. Peck is focused and polite and has a quick sense of humor. He presents as a person making maximum effort to get his life back on track.”

Stephen is working toward his goal to become a certified journeymen sheet metal worker. He is actively involved in his church which shows that his spirituality is a significant part to his recovery.

Staff Milestone – Cheryl Haynes, Accounting Assistant – 5 years

Congratulations to Accounting Assistant, Cheryl Haynes on her 5 year anniversary working at GFPRC!

Cheryl loves her job here. She said it has been quite the experience, and she has learned a lot of different things over the years. “I like the people I work with and that everyone gets along. I like the variety of residents.”

Some of Cheryl’s previous jobs include working on a ranch where she loved to help with calving and branding. She also helped cook the meals for the crew during harvest.

Cheryl also worked in accounting for Mountain Bell and as a title clerk for car dealerships. Prior to coming here she worked in the advertising department at the Tribune.

Cheryl has 3 children and has been married to her husband, Jim, for 23 years. They have 2 fur babies, Rowdy and Vador.

Cheryl loves working in her yard and garden. She also likes to read and do electronic puzzles. She enjoys traveling, especially going on cruises.



Staff Dress Down Day 2023



Alan Scanlon



Danni Altenburg & Carli Davis



Bob Dompier & Mike Scott



Mitch Davison & Dan Goetschel



Ray McClelland



Carli Davis



Sandra Bearchum



Meghan Chapman



Kayla Williams



Dave Van Hovel



Robin Castle



Charlene Bonde & Cheryl Haynes

Staff Dress Down Day 2023



Brett Blasdell, Cheryl Haynes
& Pete Gammill



Tom Dwyer
& Danni Altenburg



Karen Workman



Madisyn LeFever, Chris LaRouche
& John Roberts



Joe Marten
& Jim Kist



Brenda Demers
& Sheena Jarvey



Jillian Sanchez
& Latoya Matus



Liz Davis
& Resident Tyrel Bear



Charlie Martin



Jay Warehime, Shellie Babinecz
& Mike Sadowski



Roxi Stroh

Symptoms of Adult ADHD, by Rena Goldman for Healthline.com

ADHD can impact every area of your life, including work, school, and relationships. The condition is usually treated with a combination of medication and therapy.

Some of the signs of adult ADHD may include:

1. **Disorganization:** This can include problems keeping track of tasks and trouble prioritizing them in a logical manner.
2. **Relationships:** Certain traits such as inattentiveness, being easily bored, and talking over people in conversation can drain a relationship. As a result you may come across as uncaring.
3. **Lack of Focus:** Being easily distracted; finding it hard to listen to others in a conversation; overlooking details; not completing tasks or projects.
4. **Restlessness and Anxiety:** You may feel like your internal motor won't shut off. Your yearning to keep moving and doing things can lead to frustration when you can't do something immediately. Anxiety is a very common symptom of adult DHD, as the mind tends to replay worrisome events repeatedly. An adult with ADHD may
Move around frequently Tap their hands or feet Shift in their seat Find it difficult to sit still
5. **Emotions:** Your emotions are constantly in flux. You can easily become bored and have the tendency to seek excitement on a whim. Small frustrations can seem intolerable or bring on depression and shifts in mood.
6. **Hyperfocus:** A person with ADHD can get so engrossed in something that they can become unaware of anything else around them. This kind of focus makes it easier to lose track of time and ignore those around you. This can lead to relationship misunderstandings.
7. **Time Management:** You may have trouble focusing on the future or the past – the “now” is often more top-of-mind. An adult with ADHD may
Procrastinate on tasks Show up late for events Ignore assignments they consider boring
8. **Forgetfulness:** Working memory is where you keep information relevant to the task you're doing right now. It's the ability to walk to the kitchen and still know what you went there for by the time you arrive. It's also the ability to follow the plot of a movie because you still recall events from the beginning by the time you get to the end. When that's impaired, it can lead to annoying and disruptive symptoms like losing things, even things you just had a few minutes earlier; missing appointments, dates, and other plans; abandoning a task midway because you forgot you were doing it; immediately forgetting something that someone just told you; difficulties with recalling specific memories on demand.
9. **Impulsivity** can manifest in several ways:
Interrupting others during conversation Being socially inappropriate
Rushing through tasks Acting without much consideration for the consequences
10. **Negative Self-Image:** Adults with ADHD are often hypercritical of themselves and view their difficulties as personal failures.
11. **Lack of motivation:** Coupled with procrastination and difficulty with organizational skills, lack of motivation can make it hard to finish a project. You may find it hard to focus for long periods of time.
12. **Fatigue:** Reasons include Hyperactivity Sleep problems The constant effort to focus
13. **Physical Health:** ADHD can lead a person to neglect their physical health which can manifest as:
Compulsive eating an imbalanced diet Not Exercising Forgoing important medication
14. **Substance Misuse:** A 2021 consensus statement showed that people with the condition are more likely than others to experience substance misuse. One theory is that people with ADHD use substances to self-medicate. They may misuse substances in hopes of improving focus, improving sleep, or relieving anxiety.
15. **Other Common Traits** among adults with ADHD include:
Changing employers often Having few personal or work-related achievements
Repeated patterns of relationship issues, including divorce

Testing for Adult ADHD typically involves at least two detailed interviews with a mental health professional or primary care physician.

Treatment for Adult ADHD includes Cognitive Behavioral Therapy, practicing healthy habits so your body is better equipped to handle challenges, and medication.



Robin Castle

Licensed Clinical Professional Counselor

455-9333 robin@gfprc.org

New Staff

We'd like to welcome new Compliance Officers **Casey Babinecz, Joseph Carignan, Becky Clark, Madisyn LeFever, Ana Loncar, and Gabriel Salois** along with new Correctional Treatment Specialist **Jillian Sanchez**. Jillian and Becky shared a little about themselves in this month's issue.



I recently graduated from the University of Providence where I was a collegiate athlete. I did track and field and I was a thrower.

I like to read and still go throw occasionally. I'm originally from California. I like dogs and other animals.

I knew I wanted to work in the criminal justice field since I was a kid.

Jillian Sanchez

I am an "out-of-work" radio D.J. Since computers have taken over, radio is no fun anymore. But some of my favorite memories are of being "Becky Sawyer" so I've been searching for a career to replace that one.

Feeling like I'm making a difference is very important to me, and I think I've found that here at the pre-release.

I always try to put a smile on the face of the person I'm working with. That is also very important to me.

Becky Clark

There's more than one way to get the job done!

New air conditioning unit delivery



Up



Over

and



Down!

Commemorating the life of Rodney Hulin and the 20 year anniversary of PREA

Rodney Hulin would now be in the prime of his life. Had he lived. But he died at the age of 17, alone, frightened and brutalized in an adult prison. His crime was tossing a burning projectile into a dumpster. The fire was quickly put out and no one was hurt. But Rodney didn't live through his incarceration.



Rodney was 16 when he was charged for the dumpster fire and given 8 years in an adult prison. He made it through his first year, and began to feel hopeful for an early release. When he was transferred to Brazoria County, however, his situation became dire. With his slight build, youth and unfamiliarity with more violent prison culture, Rodney quickly became prey. Although the nursing staff verified clear evidence of sexual abuse, and Rodney had written to the warden, "Please, sir, help me", no help arrived. Rodney was routinely beaten, robbed and raped. In a letter to his dad, he wrote, "Dad, I'm really scared, scared that I will die in here. Please pray for me."

Rodney was finally transferred to administrative segregation, but he knew this was temporary and that he would soon be returned to general population. And he knew what was waiting. Realizing that if he didn't take his opportunity, and that his life would continue on its nightmarish course until he was killed, Rodney made a decision to determine his fate. Alone in his cell, Rodney composed a letter to his family.

"To all my family: I can't live being hurt, lied to, beaten and raped. I would rather die of my own free will than be killed, which I feel will be soon. I wish I could be with you, but I feel I am with you in spirit."

At the conclusion of his farewell letter, which is stunning in its wisdom, forgiveness and compassion (as well as its heartbreaking quintessential dash of gallows humor), Rodney wrote, "I have found forgiveness for those who have hurt me in my life, which, admittedly, has been a rather short one." Rodney told his parents he loved them, and then signed his full name in bold print.

When help finally arrived for Rodney, it was only to carry out of the cell an unconscious 5' 2" 125 pound seventeen year old who did what he felt he had to do to save himself. But Rodney's story didn't end there. In large part predicated by the death of Rodney and his family's continual and courageous advocacy, the Prison Rape Elimination Act, PREA, was passed in 2003.

Prior to his suicide, Rodney Hulin had found himself in an bewildering, violent and terrifying hellscape. There were no doubt some who tried to help him, but, in the end, they were probably intimidated into silence by more powerful forces. Prior to PREA, the grim reality was that it was too easy to turn a blind eye and not act out of fear or apathy. Without legal safeguards, there are often too many barriers to speaking up and taking action.



So, after twenty years, is PREA effective in preventing abuse in confinement? Yes and no. The harm that Rodney suffered still goes on. PREA, per se, has not eradicated abuse in correctional facilities. Why? Because PREA is a policy and a policy is only as effective as the people who live by it and who enforce it. The predatory behavior still going on happens in spite of PREA, and is a consequence of PREA guidelines not being followed or the guidelines blatantly and purposely ignored.

NEWS BY SHEENA JARVEY

This is why PREA remains vitally important. PREA does set very precise standards of behavior and these standards, when followed, do keep people safe. Breaching these standards does ultimately have consequences. It is critical to remember that without PREA there were few mechanisms to stop predators. PREA does specify conduct of behavior that ensures safety and legal consequences for abusers. In its ideal form, PREA gives the incarcerated a pathway to report and affirms that staff will be professional and capable. PREA places a law between our impulse to look away and our obligations for ethical conduct.

At the Great Falls Pre-Release we maintain a good faith effort to be PREA compliant and always seek to improve. So, thank you to everyone at the Great Falls Pre-Release, thank you to the residents, staff, auxiliary personnel and all others who maintain ethical standards and show respect. To keep PREA as a viable, successful, strong and enduring legal safeguard depends on us all. We can honor the legacy of a teen who probably would have been utterly astounded to know that his story would have such an impact. Every day that we create a safe and secure correctional environment, we make that positive impact. Thank you.

Sheena is the GFPRC PREA Liaison and can be reached at [406-455-9344](tel:406-455-9344).

The Letter

Jeffrey Bevers shared the Victim Impact letter he wrote in his daughter's words in hopes to encourage others to realize that there is always a victim.

Hi Dad,

It's been awhile. I hope you are doing good. First, I want to say that Josie and I love and miss you very much. We hope to see you soon, and we are very proud of you for getting the help you need. And now with that said, I want to say how sad it made us last time we spoke and you said how mad you were about having to do that Victim Impact class since you only have drug charges and that you are the only victim. Well, Dad, let me tell you how wrong you are about that!

Dad, since you have gone away, I have had two kids, which means you are a grandpa of one beautiful little girl. Yes, I said one because my first one passed away after only a few months on God's green earth. That was the hardest thing I have ever had to go through. When it happened I was alone because you weren't there, and that's not fair. You missed the times we were supposed to share.

You missed me and Josie's first boyfriends and all her basketball games, and you only have yourself to blame. But we still love you just the same. So please put away the guilt and shame, and please don't dare come back home if things remain the same, because that just wouldn't be fair. Remember, we love you. Family is family; we don't get to pick 'em. So now tell me you're the only victim!



Before and After

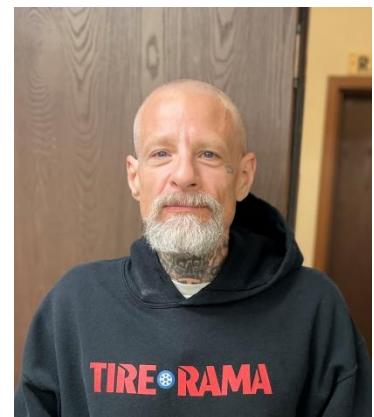


Chad Mattfeldt hadn't cut his hair in 7 years. He started growing it out when he started his sentence as a way to mark the time. "The dreadlocks were kind of a spiritual aesthetic – sacrificing an aspect of beauty as a spiritual awakening."

Chad grew his hair out another time and donated it to Locks of Love, but this time he hadn't taken care of it properly.

I asked Chad why he cut his dreadlocks, assuming someone told him to, and he responded, "If someone told me to cut them, I wouldn't have. It was hot and the new growth wasn't right. A bunch of things culminated on that Tuesday so I grabbed them up and cut them off with scissors before I changed my mind. I think it was the right thing to do. I deal with customers at work and want to have a good impression."

Yes, you did the right thing Chad!



It's Been 34 Years



Brent Lamott hasn't had a driver's license since 1989. He wanted to get one, but he had to get his child support issues taken care of first.

One major reason Brent was motivated to get his license is so he could continue pursuing his auto body tech career. Brent's passion is building and restoring cars.

Brent is looking forward to riding his Harley and hanging out with his 6 children and 7 grandchildren. Brent said he feels like he should still be 20, but commented, "Getting old is real!"

Brent's bit of advice is this: "Two things people need to do to get out of here are don't get high and always be where you are supposed to be. Good things will come to you if you do good things."

Selective Service System – It's Quick – It's Easy – It's the Law

Selective Service registration is required by law as the first part of a fair and equitable system that, if authorized by the President and Congress, would rapidly provide personnel to the Department of Defense while at the same time providing an alternative service program for conscientious objectors. Why don't women have to register? The Military Selective Service Act specifically requires "male persons" to register and thus does not apply to women. For women to be required to register, the law would have to be modified.

Men ages 18 – 25 years old must register. You can register at www.sss.gov or your local post office.



Acceptance

Acceptance is the answer to all my problems today.

When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life unacceptable to me.

I can find no serenity until I accept that person, place, thing, or situation for being exactly as it is supposed to be at this moment.

Nothing, absolutely nothing happens in this world by mistake. Until I could accept my disorder, I could not live in recovery. Unless I accept life completely on life's terms, I cannot be happy.

I need to concentrate not so much as what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Submitted by Ricky Hendrickson from what he learned at Nexus

Education Center Schedule for the Month of August 2023



**By Allen Heisler,
Education Coordinator**

Wednesday 8/16:

Ed. Center Hours 1030 - 1200 and 1530 - 1700
East Campus Ed. Appointments 0830 - 1000
New Resident intake, Ed. Center 1300 – 1330
Computer Learning, Ed. Center 1330 - 1530

Thursday 8/17:

Ed. Center Hours 1030 – 1200 and 1300 - 1700
Computer Learning, Ed. Center 0830 - 1030

Friday 8/18:

Ed. Center Hours 1200 -1700
Computer Learning in the Ed. Center 1800 - 2000

Monday 8/21:

Ed. Center Hours 1800 – 1200 and 1300 - 1700

Tuesday 8/22:

Ed. Center Hours 0800 – 1200 and 1300 – 1700

Wednesday 8/23:

Ed. Center Hours 1030 – 1200 and 1530 – 1700
Women’s Campus Ed. Appointments 0830 - 1000
New Resident Intake, Ed. Center 1300 – 1330
Computer Learning in the Ed. Center 1330 - 1530

Thursday 8/24:

Ed. Center Hours 1030 – 1200 and 1300 - 1700
Computer Learning, Ed. Center 0830 – 1030

Friday 8/25:

Life Skills, Education Center

Motivation Strategies

West Residents 1330

East Residents 1530

Women Residents 1830

Monday 8/28:

Ed. Center Hours 0730 – 1030 and 1300 - 1800

Tuesday 8/29:

Ed. Center Hours 0800 – 1200 and 1300 – 1700

Wednesday 8/30:

Ed. Center Hours 0800 - 1200 and 1530 - 1700
New Resident intake, Ed. Center 1300 – 1330
Computer Learning, Ed. Center 1330 - 1530

Thursday 8/31:

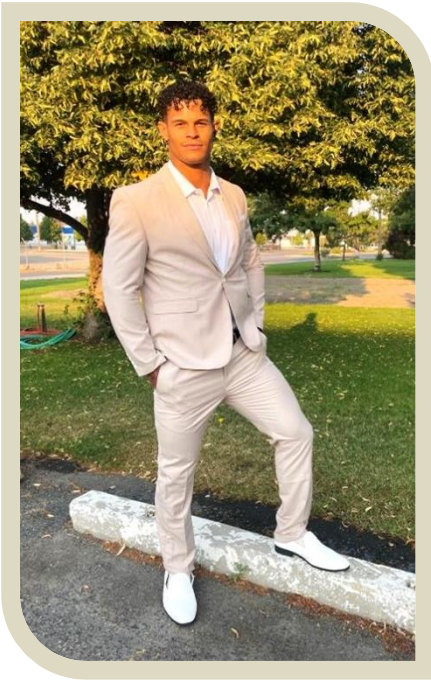
Ed. Center Hours 1030 – 1200 and 1500 - 1700
Computer Learning, Ed. Center 0830 - 1030
Staff Meeting 1400 - 1500

Special Notes:

- 1) If you need any assistance prepping for, beginning, continuing, or completing the HiSet, please contact Allen Heisler - Education Coordinator to schedule with Great Falls College MSU, and discuss the necessary steps.
- 2) The above schedule is not all inclusive and is subject to change. If you need to use the education center, or discuss anything with the education coordinator, please call 406-455-9346 or stop in to schedule availability.
- 3) If you wish to discuss any post-secondary options for pursuing college courses, training, etc. please feel free to contact Allen Heisler - Education Coordinator. 406-455-9346.
- 4) Computer based learning opportunities are available to all residents through the Ed. Department. This includes everything from HiSET preparation, to online courses, as well as career exploration and pathways. Interested individuals should visit the Ed. Center, or contact the Ed. Coordinator for more information.
- 5) Life Long Learning through the Great Falls College MSU offers many opportunities such as the CNA licensure, CDL training, and construction trades. These courses vary in days and times as well as cost. Interested individuals should contact the Ed. Coordinator for course availability. Also, the Life Long Learning Scholarship is available to help fund the cost of these courses. Applications are available through the Ed. Center.

Inmate Worker completes 180 day program and Transfers to Resident

By Brenda Demers



Devin Braulick will always greet you with a big smile and a positive attitude. It's not because everything is perfect in his life. It's because he chooses to take the high road and make the best of whatever comes his way.

As a young child Devin was removed from his parents' custody. He was adopted by a good family, but Devin's independent personality got the best of them, resulting in group home placements. Devin defined his adolescent self as "I was a shit kid."

Devin said his struggle with addiction started when he was 17. He innocently sought out his birth mother, hoping for love and acceptance. He moved in with her, and instead of the mother-son bond he so wanted, it turned into a drug dealer-addict relationship. As would be expected, they had a falling out, and Devin spent the next portion of his life homeless.

Devin conveyed, "I've learned to forgive. One thing I learned is in order to grow to the person I want to become I can't blame the people in my life for how I turned out. There were years of blaming my shortcomings on what happened to me. I can be mad and play the poor me card and say this is why I'm failing or accept

what happened and utilize that fuel to make it further."

As far as Devin's future, he shared, "I'm an entrepreneur at heart, so no matter what career path I choose I want my own entities in the background. People ask why I want to be rich. It's not for my own benefit. I want to be able to help people. I want to go into a store and see someone struggling and say, *I got it*. I want to make other peoples' lives easier."

Devin eventually wants to get into the healthcare field because he loves helping people and being of service. While here at the pre-release, he had his heart set on being an RV or car salesman. That didn't pan out, so he landed a job as a server where he immediately excelled and has been noticed by management as one they don't want to lose.

Devin said he is thankful for the opportunity to be here and found being an inmate worker to be a humbling experience. Devin explained, "Being an inmate worker provided the feeling that freedom is right there – there is the street and all these people and I can't step off that sidewalk." After some difficulty his first week in maintenance, he learned how to adjust his personality to conform to what was being asked of him. He gained the valuable traits of work ethics and integrity.

Devin hasn't just been lounging around on his off time while being an inmate worker. He took the initiative to get his HiSET, pay his fines off so he can get his license, paid towards his restitution. He also completed online courses and received his Personal Trainer, CPR and AED (Automated External Defibrillator) certificates. He consistently gets up in the wee hours of the morning to go downstairs and work out. One time he got up a little too early and found out he needed to wait until 5 AM to use the equipment. Devin takes pride in being able to provide information and help others reach their goals to become physically fit.

I asked Devin if he always had that type of drive. He responded that he didn't find himself until recently – within the last two years. He said he has always had self-doubt and couldn't look himself in the mirror because he lacked the drive and discipline to stick to one thing and finish it.

Devin Braulick - continued

By Brenda Demers

In our interview, Devin made the comment that he has been to 42 states. With some further inquiry he talked about a traumatic accident on his Yamaha R6 motorcycle where he hit a concrete highway divider going 80 mph. His body was broken - hips, pelvis, femur, collarbone, lacerated liver, etc. After surgeries and 2 weeks in the hospital he self-discharged from the hospital against medical advice. He refused to use a wheelchair, but took a 4-wheel walker and 2 months later a cane. He was told he wouldn't walk for a year, but 8 months after the accident he turned the "You can't" into "Watch me" and landed a job as a male revue dancer where he traveled the country.

I think people just need to realize that no matter what stands in their way there is always a way through it and around it. If you want something better you just have to make up your mind and decide what you want. A lot of people want to get better because they feel like they have to. They do it for other people, not themselves. At the end of the day what other people think about you is none of your business. Whether they like you or not, their opinion isn't going to push you further. If you stop thinking about what other people think you have no limitations and you would be surprised about the distances you can reach. The best advice I've been told was "You can't. I have a two word answer - "Watch me."

Resident Awarded Lifelong Learning Scholarship



Congratulations to **Jazmine Salgado** for being selected for a Lifelong Learning Scholarship to take the Peer Support Specialist training!

Jazmine shared, "Getting this scholarship is the first step towards starting my dream job at Rimrock Treatment Center. I will be getting my Peer Support Specialist Certification and be working with people struggling with addiction and helping them on their journey to sobriety.

As someone who has battled with opiate addiction, I want to use my experience to help others and give them the support they need to find a new way of living. Addiction is something that has affected so many of us and our families and having the chance to give back now is an amazing feeling.

The next step in my career will be going back to school and getting my LAC. I'm so blessed to have been given this scholarship and want to thank everyone involved for their support and aiding me in achieving my goals."

Scholarships are available for any residents wanting to further their education. If you are interested, contact Allen Heisler in the Education Department.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone. Ann Masten, Ph.D.

Submitted by Robin Castle

Tammy Kuenzel Poetry



Tammy has a special gift when it comes to writing poetry. She started writing at the age of 15, and commented, "I still don't know if I'm good at it!" She told me that the words come to her easily and just flow. She writes about addiction, jail, God, and domestic violence. One day she would like to publish a book of her writings and people told her they would go good in greeting cards.

Tammy has her sight set on becoming a Licensed Addictions Counselor specializing in domestic violence and suicide prevention. Tammy is a victim of domestic violence herself and also lost her daughter to suicide.

Pain

As I cringe in the darkness, growing smaller and smaller
The evil in you just gets taller and taller
But it doesn't matter; the smallness achieved
The power in you will always exceed
Your fist in my face puts me down on the floor
It's never ending . . . there's just more and more
I won't be afraid to die in this way
The pain will then end as I slip away
It seems in this lifetime I don't have a choice
Domestic violence has stolen my voice
I want to reach out and just bare my soul
To take back my choices and the voice that was stole
Destruction and chaos right from the start
I need an escape to put hope in my heart
Maybe someday my dreams will come true
And I'll finally break free from the pain that is you

By Tammy Kuenzel

We all have a story that needs to be told
Of how we broke free from constraining old molds

By Tammy Kuenzel

Promised Land

A sweet precious child, a gift from the Lord
Is worth more than gold or what I could afford
He loaned you to me for a short little while
Such a sweet girl with a beautiful smile
Although you were here for just a few years
We shared some good times, laughter and tears
You gave me more joy than you'll ever know
My heart filled with love, just watching you grow
The Lord called you home on that fateful day
On His golden wings He flew you away
I know you'll be waiting at His Heavenly gate
Then we'll be back together, I just have to wait.
There's comfort in knowing that He took your hand
And led you serenely to His promised land

By Tammy Kuenzel

Crazy

To hide all my crazy I have to refrain
Step out of myself; pretend that I'm sane
Act like I'm normal; I try to belong
Stay under the radar and say nothing wrong
Sometimes it feels easy like maybe I fit
But then something happens, my life turns to shit
When the crazy emerges I try hard to hide
I wish I had someone in which to confide
Sometimes it feels like a game that I play
To push all the thoughts in my mind far away
Hiding my crazy becomes quite the norm
Hid deep inside me away from the storm
So I hide all my feelings day in and day out
No one can know me or what I'm all about

By Tammy Kuenzel

Colorful & Unique Shirts



Tanner Bakke



John Duval



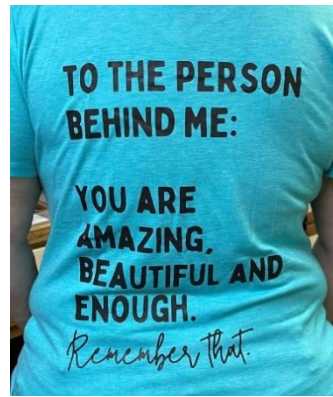
Brandon Bennett



Robert Eatwell



**Bobbie Rule, Crystal Moore,
Gabrielle Broaddus**



Danni Altenburg



Dutsy Dunsing



Brian Dolatta



Donald Ritchie



Robert Wall



Harold Dowdy

Doppelgangers



Charlie Martin



Stickybeard



Tim Schultz



Vincent D'Onofrio



Sheena



Cher



Mr. Fredrickson



Jeff Barnhart



Mr. Burns



Kellen McGarry



Joe Dirt



Pete Gammill



Elmer Fudd



Jim Kist



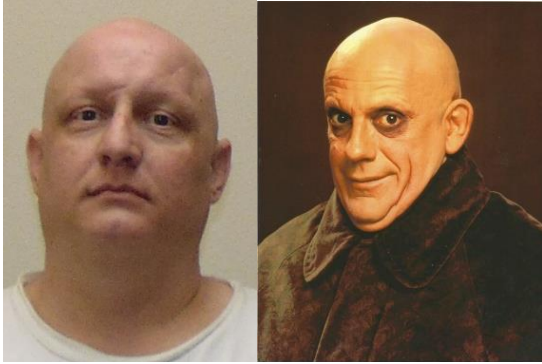
Jimmy Neutron



Julie Sangster Candace – Phineus & Ferb



Doppelgangers



Ron Hearn

Uncle Fester



Alan Scanlon

Coach Mike Malone



Steve Reevis

Michael Cheney



Edward Duncan & Norman Pulliam



Joe Marten

Lucky the Leprechaun



Gabe Salois

Beau Avidiya



Brian Dolatta

James Franco



Joseph Carignan

Morgan Wallen

FUN & GAMES



Color the picture

