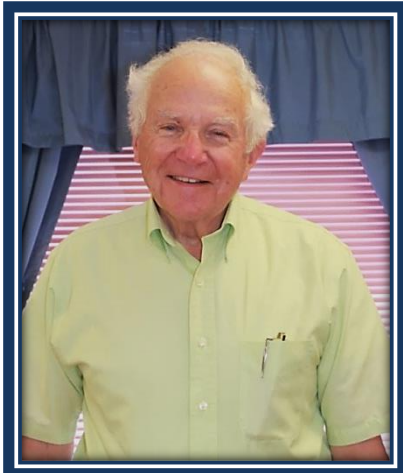


**Bill Quast Retires from GFPRC Board of Directors**



After 25 years serving on the Great Falls Pre-Release Board of Directors, Bill Quast decided it was time to hang up his hat. The GFPRC was founded in 1984 and Bill joined the board in 1998. He faithfully served on several committees in addition to filling each executive role at one time or another. This meant attending numerous meetings each month, all devoid of monetary compensation. Bill expressed that he enjoyed serving on the board of directors and has seen a lot of changes throughout the years.

**Bill Quast**  
**Board of Directors**  
**1998 – 2023**  
**25 Years**

Bill is a Great Falls native. He graduated from the University of Denver and then worked for a number of companies, including Wyton Oil and Gas Co in Denver, D. A. Davidson & Co. in Great Falls and then served in the U. S. Army in El Paso, Texas. Bill retired from Energy West as the Vice President after working there for 20 years.

Bill’s commitment to serving others is evident in that he was Chairman of the Board for United Way, Great Falls Symphony, and Chairman of the Herb Waltermire Community Enhancement Foundation. Bill served two terms on the Great Falls School Board in 1990. He was also President of the High Noon Optimist Club and is a current member of the Uptown Optimist Club

Bill and his wife Kay raised their two children here in the Electric City where they have always been active members of their church. Bill has also been an avid skier all of his life. Bill and Kay have a family farm just west of Kalispell, where their son and his family live.

Bill, we cannot thank you enough for your countless hours of volunteer service as a board member. We wish you and Kay the best as you have more time to travel to Belgium to visit your daughter and her family and to Kalispell to visit your son and his family!

**RESIDENT STANDOUT**

I would like to recognize the efforts of inmate worker **Chris Marez**. Mr. Marez works hard at everything he does. Nothing is done in half measures. Whether this means giving our residents a taste of home through the love he puts into the food he prepares or just the attention and time he spends preparing for life after the Pre-Release. He is motivated and energized by the thought of helping others. He has a heart for service for the Lord. Not a day goes by that I have seen him sunk in despair or bitterness. Everyone has their moments, but even those darker moments are used as the coal to fuel the fire of his faith. He is a joy to know, a joy to work with, and a joy to support in his journey.



**PRACTICAL SKILLS YOU CAN LEARN ON THE INTERNET**

Everyone knows the internet is filled with useful (and not so useful) information. But while learning to make carrot cake and DIY grills is great, you can learn more practical skills, too, if you know where to look. And best of all, many of the best sites won't even charge you a penny. Why spend your hard-earned dollars on a class when you can gain tons of new skills online for free?

**Here are 10 sites that will get you up to speed on everything from chess to Spanish to sketching to HTML coding.**



**Sandra Bearchum**

**Instructables.com:** Learn how to DIY just about anything (seriously!) with instructions from hundreds of contributors offered up free of charge. DIY solar food dehydrator, anyone?

**Lifehacker.com/Night School:** Hidden among the hacks on this super-useful site are posted tagged "night school" where you'll find freebie lessons on everything from how to build a computer to photography basics.

**Skillshare.com:** Find out how to brew a perfect cup of coffee, pickle like a pro, knit, sew, and 100s of more skills. Cram your head full with the site's complimentary 14-day trial.

**JustinGuitar.com:** Always dreamed of becoming a rock star? You won't even have to busk to take advantage of this site's 850+ gratis guitar lessons.

**Drawspace.com:** Sharpen your drawing skills with lessons from pros. About 15% of Drawspace's content is on the house.

**YogaMeditationAtHome.com:** YOME is made up of 100% free online yoga videos that will get you saying 'omm' in seconds.

**Chesscademy.com:** Become a chess master by watching videos, solving puzzles, and playing games, all free of cost.

**GoHighBrow.com:** Sign up for unpaid bite-size courses delivered to your inbox daily, aimed at expanding your knowledge on topics ranging from philosophy to Greek mythology.

**Spreeder.com:** Quick: How fast can you read these words? Use this Spreeder's completely free reading program to double; triple, even quadruple your reading speed.



**Duolingo.com:** Learn a new language from this site's extensive costless online courses. Bonus: The 'lessons' are set up like games!

**Codecademy.com:** Get yourself up to speed on the in-demand skill of coding—all without spending a dime.

## EDX By Jacob Ayala



Have you ever wanted to look into college but didn't want to go through the headache of having to register for classes? Not only can registering for classes take away a lot of your free time, it can be very expensive as well. According to the 'National Education System For Statistics', the average student pays \$18,383 a year to attend public colleges. Although starting college can be very challenging, there are programs that will help you get started for free. For example, 'ED X' is a website designed for people who are interested in college and need a hand with getting started. Setting up an account and enrolling in a course is stress free. In addition, the courses are free of charge.

After enrolling in your course of choice you will be given a list of classes, (which the website calls "modules"), and then directed to start the first one. The website and course will guide you, making learning easy and fun. The videos of the professors speaking are very short, while also giving you the things you need to begin a successful college experience. When I started my 'ED X' course, I watched a video of a professor speaking about new words. Under the first video, there was a second video of a student quickly going over the new words I had learned from the first video. On top of that, the course gives you a quick knowledge check to make sure you understand the videos.

To wrap things up, 'ED X' will help you get started with college quickly and affordably. It's as easy as setting up an email account. Check it out at '[www.edx.org](http://www.edx.org)'. Have fun!



### Annual Christmas Bag Stuffing Event

Thanks to Charlene Bonde's year-round, behind the scenes work, and to businesses, churches, community members, and friends for their donations, each of our residents will receive a Christmas gift bag. Thanks to Joe Marten for all of his help in organizing and preparing for the annual bag stuffing.

Front: Joe Marten, Mike Sadowsky, Noel Walker, Jillian Sanchez

Middle: Robin Castle, Cheryl Haynes, Jim Kist, Nicci Carlson, Latoya Matus, Kayla Williams, Charlene Bonde, Alan Scanlon, Karen Conley

Back: Mike Scott, Heath Reed, Allen Heisler, Tim Schultz, Ray McClelland, Jeff Barnhart, Meghan Chapman, Bob Dompier, Shellie Babinecz

## Reefer Madness, Health Risks of Marijuana Use

by C. Alan Hopewell, Ph.D., MP, ABPP

The 1936 film *Reefer Madness* was shown to university students to raise awareness about substance use. However, it was routinely criticized as being hysterical propaganda and misleading. During the “hippie revolution” of the 1960s, the mantra of criticism of alcohol use was incessant with the refrain being that marijuana was essentially a harmless agent compared to alcohol. These types of views have become mainstream in society, with the resultant relaxation of essentially any laws prohibiting marijuana use and the widespread endorsement and commercialization of this drug.



Robin Castle

Licensed Clinical Professional Counselor

455-9333 robin@gfprc.org

However, the truth is that “reefer madness” is closer to the reality of the hazards of marijuana use than most people would like to acknowledge.

Research into its harmful side effects has become more thorough and increasingly points to the dangers of even casual marijuana use, especially among teenagers who are still developing their nervous systems.

### Danger of Addiction

Dangers of addiction are often downplayed for marijuana use, but the truth is that marijuana is usually the primary “gateway drug” to later addiction of other substances. The Substance Abuse and Mental Health Services Administration (SAMHSA) estimates that current strains of marijuana are about three times stronger than they were 25 years ago, and that at least three in every ten users will become addicted.

### Cognitive Disorders

SAMHSA has also documented that using marijuana can affect memory, learning, concentration, and attention. Other effects include difficulty with thinking and problem solving. Compared with teens who don’t use, students who use marijuana are more likely not to finish high school or get a college degree.

### Psychiatric Risks

Marijuana use has additionally been linked to an increased chance for mental illness. In addition to addiction, marijuana use is linked with a higher risk for schizophrenia, depression, and anxiety. Psychotic breaks can affect the mind and make it hard for a person to understand what’s real and what isn’t.

### Medical and Physical Risks

Marijuana users are nearly 25% more likely than non-users to go to the Emergency Room or be hospitalized. Marijuana-related hospitalizations in Colorado have increased 148%. Emergency department visits and admissions related to marijuana in California are also up 89% following legalization. Using marijuana when pregnant has been linked to lower birth weight, preterm birth and stillbirth, and the increased risk of brain and behavioral problems.

### Driving Risks

People who drive under the influence of marijuana can experience slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road. Colorado, for example, has seen a dramatic increase in motor vehicle accidents and tickets since legalizing marijuana. One in every four roads deaths in Colorado have now been linked to marijuana use.

**“Reefer madness” - maybe not so wrong after all!**

SERENITY is not freedom FROM the storm, but peace WITHIN the storm.

## Structural Welding Course Graduates

Three of our residents recently graduated from a new accelerated, 6-week structural welding course at Great Falls College MSU. This incredible opportunity was made available at no cost to them through collaboration between the Montana Department of Labor & Industry, Montana Vocational Rehab, ADF, and Allied Steel.

Sarah Swanson, Director of Strategic Engagement with the MDLI said, “The demand for welders statewide has become critical, and DLI projects Montana will need 220 new welders every year just in the next 3-5 years. These are good paying jobs, averaging nearly \$50,000 a year or more.”

Trevor Floerchinger, ADF Production Manager, commented, “The program is designed to take an individual with little to no skill set or experience and set them up to be able to step into a production welding facility and go to work, at more than an entry-level position.”



**Eric Oldmanchief**

**Ethan Waldock**

**Earl Tela**

“I was tired of flipping pizzas, so I decided to go bend metal for a living because I had previous experience with it in high school.

What motivated me was to have a purpose in getting up in the morning and having positive people around me to succeed in life and get paid for what I’m worth.

It’s a good opportunity if you want to take it seriously. If you put in enough time and effort it will pay off in the long run.”

**Ethan Waldock**

“This is the first time I thought about pursuing welding as a full time career. I’m doing it to better my life and to be a part of the community. At first I was told I wouldn’t be accepted into the program, so that just motivated me more.”

**Eric Oldmanchief**

“I applied to come to Great Falls Pre-Release because I wanted to work for ADF. I wanted a career instead of a dead end job. I never really had a job so getting one was the first goal I set and achieved.”

**Earl Tela**

## What are you thankful for?

Charlie Martin: Having fun and hunting. Oh, my family too :)

Cheryl Haynes: Family and friends. Being cancer free and being here with my family.

Christy Atakenu: My family, financial stability, and a happy and healthy home.

Colton Montes: That I'm here and not there.

Dan Goetschel: My family, friends, wife, and the chance to help others better their lives.

David Cotnoir: For this opportunity to fix my life's direction.

Gail Orchowski: Family, laughter, wonderful friends, work crew, and a little Pomchi, My "Juan and only" :)

Johnny Kimmel: My health, my freedom, and my family.

Jon Green: Double ply toilet paper.

Kipp Henry: Yeshua and Yahweh.

Latasha MakesColdWeather: To be sober and getting another chance to be with my daughters.

Madisyn LeFever: My job, my support system, and most of all my children.

Nicci Carlson: I am thankful for my loved ones, the chance to go back to school, and new opportunities.

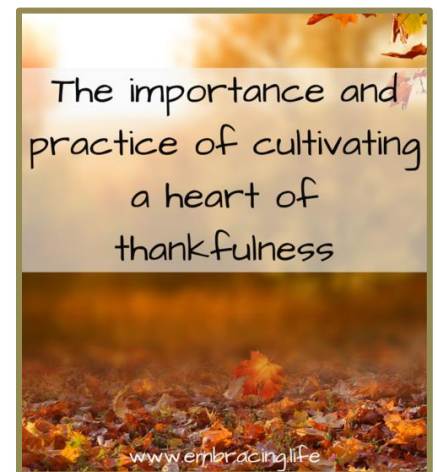
Noël Walker: The opportunity to do real and tangible good for an often overlooked and underestimated demographic. I am thankful that what I do HAS an impact, both on individuals and the community. Being useful is a motivator for me. So, fundamentally, I am thankful that I feel motivated during my time here and that I get to take that motivation with me when I walk out the doors.

Robin Castle: I am thankful for my family.

Rueben Stump: Waking up every day.

Sandra Bearchum: With housing hard to obtain for many of our residents, it made me think what I am most thankful for. I am thankful I have a roof over my head. It may not be much to some, but it is mine.

Tammy Kuenzel: Poetry



# EDUCATION

Hello, everyone! I just wanted to take a chance to say thank you to everyone who has made my first month here so wonderful. From the people I work with to the people I work for (and you can decide for yourself which category you fall into), thank you for giving me the opportunity to get to know you and to help you in whatever way. I've said it before, and I will say it again, if there is anything I can do to help, I will work to make that happen. The library and computers here are open to all; space is limited, but I will do my best to accommodate your needs. If you have any questions about opportunities, programs, or resources, or just want a Jolly Rancher, please stop by. I learn something new every day, and that is thanks to the people who bring me questions and concerns.



**Noël Walker**  
EDUCATION COORDINATOR



**Hi-Set Graduate**  
**Tarran Mathews**

Congratulations to **Tarran Mathews** for his perseverance in earning his HiSET. Tarran didn't make excuses to make the time while working full time to take classes to prepare him to pass each of the required modules.

After earning his HiSET, Tarran was awarded a grant to participate in the accelerated welding program at Great Falls College MSU.

Tarran has proven that hard work and dedication pay off.

## RESIDENT STANDOUT

**Coty Neagle** is Employee of the Month at the Holiday Inn. He was chosen because he is a hard worker and has a good attitude. Coty, with his East Texas accent, said "I grew up on a farm where I had to get up early and get the chores done and do them right or I would get a chewing." This trait carried on to his job at Holiday Inn as the housekeeping inspector. Coty said he is meticulous and wants things done right. He tries to be fair and polite when he talks to staff about the cleanliness of the rooms he is inspecting.



### Thankfulness

I'm thankful for people, places and things  
And all of the joy that they tend to bring  
The laughter of children, the glow in their eyes  
The sun on my skin, the crystal blue skies  
The wind in my hair, the soft summer breeze  
The waves on the beach, coming in off the seas  
The birds in the sky, the chirps of their voices  
The directions they're going, their freedom of choices  
The dreams and the goals that I'm free to make  
Sometimes there's a risk, but a chance that I take  
I'm thankful for having the life that I've had and making it through the good and the bad  
Beauty's not always the things that we see  
It's the soul on the inside that sets people free  
Material things will all fade away  
But the joy in my heart is here for the stay!

By Tammy Kuenzel

#### PRE-RELEASE PRESS

Editor: Brenda Demers



TRANSITION  
CENTER  
GREAT FALLS PRE-RELEASE SERVICES INC.



**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.

### Gift Ideas That Cost Next to Nothing

**WRITE IT DOWN:** Grab some nice stationery, sit down, and get to writing. It can be a sincere letter or a funny tribute to your relationship. Handwritten letters are quickly vanishing from our culture. Tell your giftee what he or she means to you, why, and mean it. This is something your recipient will treasure forever.

**MUSIC:** Craft a customized playlist. Include songs to remind a loved one of special memories, inside jokes, or find new music you think they'll love. Share your gift with them via Spotify or another streaming service.

**COUPONS** good for free house-sitting, pet-sitting, babysitting, lawn care, houseplant watering, or mail-and-package collecting for your giftee to redeem the next time they go on vacation.

**PLAN A DAY OF FUN:** Craft a homemade gift card entitling the recipient to a fully planned day of fun. Take your nephew on a tour of the best local playgrounds, treat a parent to their favorite art museum on free admission day, or plan a sightseeing drive.

**SHARE YOUR TALENT:** Draw a picture of something your recipient would cherish.







**Jon Green and George Rides at the Door**



**Dustin Lamere, Marty Shane,  
Steven Johnson**

*It's beginning  
to look a lot  
like Christmas!*



**Brandee Morris**



**Ray's Grinch on a shelf**

## World Weightlifting Championship Competition



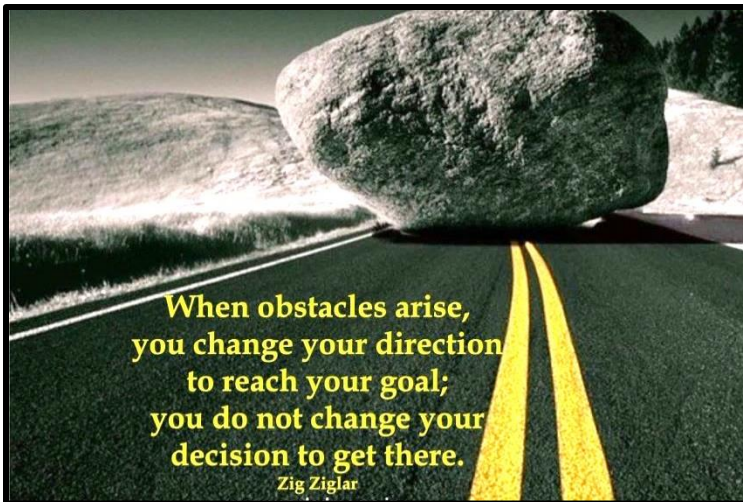
The WABDL world weightlifting championships were held at the Horseshoe Resort and Casino in Las Vegas, NV. November 29<sup>th</sup> – December 1<sup>st</sup>. Twelve countries represented by over 400 lifters of various age and weight categories competed at this year's event.

**CTS Allen Heisler** competed in the RAW masters division, and won a gold medal in the deadlift, and took a silver medal in the bench press. Allen also won a gold medal in the push – pull division, which is a total weight lifted between the deadlift and bench press. This marks Allen's sixth world championship in ten years of competitive powerlifting.

Allen qualified for this world championship event by competing in the Big Sky championships this past March where he posted 501lb bench press and a 600 lb. deadlift.

As a side note, Allen set two national records this past summer in the USPA federation in both the bench press, with a lift of 480lbs and the deadlift with a lift of 573 lbs. Allen holds several, state, national, and a few world records in various age, weight, and event divisions for both the WABDL and USPA powerlifting federations.

Next up for Allen will be the Big Sky championships in Missoula in March 2024 followed by the Push/Pull Nationals in Phoenix in May. Allen will then have the opportunity to qualify for the USA team, and compete at the IPL world championships in Los Angeles in late 2024.



*People often say that  
motivation doesn't last.*

*Well, neither does bathing -  
that's why we recommend it daily.*

*You have 2 ears and 1 mouth for a  
reason.*

# FUN & GAMES



## Christmas Word Scramble

Unscramble the letters to find words which have to do with Christmas. Some of the words have religious meanings, others are secular in nature.

1. Groceos \_\_\_\_\_
2. Naclorig \_\_\_\_\_
3. Rats \_\_\_\_\_
4. Scunttshe \_\_\_\_\_
5. Porduhl \_\_\_\_\_
6. Naast \_\_\_\_\_
7. Skagceap \_\_\_\_\_
8. Dressephh \_\_\_\_\_
9. Gramen \_\_\_\_\_
10. Galen \_\_\_\_\_
11. Limesotte \_\_\_\_\_
12. Vaniyitt \_\_\_\_\_
13. Gotscink \_\_\_\_\_
14. Virasou \_\_\_\_\_
15. Traweh \_\_\_\_\_
16. Gisehl \_\_\_\_\_
17. Wamsonn \_\_\_\_\_
18. Ejuss \_\_\_\_\_
19. Stranneom \_\_\_\_\_
20. Scamsthir \_\_\_\_\_



**Answer Key to Word Scramble**

1. Scrooge
2. Caroling
3. Star
4. Chestnuts
5. Rudolph
6. Santa
7. Packages
8. Shepherd
9. Manger
10. Angel
11. Mistletoe
12. Nativity
13. Stocking
14. Saviour
15. Wreath
16. Sleigh
17. Snowman
18. Jesus
19. Ornaments
20. Christmas

