

RESIDENTS OF THE MONTH

East Campus

Nominator states: Resident Bunnis is an extended stay resident and March 22nd will be his one year mark. He is the "go to" guy for anything to do with cell phones. He has helped many, many residents with phone issues. He has completed, and learned, from his assigned programming and continues with his regular AA and church attendance. He is now just waiting for information on the interstate compact request to Minnesota. He has stayed at the same job and will transfer with the company, with a promotion, to Minnesota when his interstate compact is approved. Jeremy is a member of the Honors Program.



Jeremy Bunnis

West Campus



Mackenzie Demers

Nominator states: Resident Demers has been running a great program. He always has a smile and conducts himself with a positive attitude. He has received one positive incident report. He is on top of all his requirements for his program and manages it exceptionally. He is never late on required documents. He has had some hard situations come along and has managed them in a healthy manner. Mackenzie is a member of the Honors Program.

Reconnecting with Family and Community

SANDRA'S CORNER

Just as you had to adjust to life in prison, you will have to adjust to life as you return to the outside world. You cannot expect to feel immediately comfortable, but that does not mean it is time to give up. Be patient, be kind, and look inward. What are your goals and what can you do to start working on them while at the center? Learn to appreciate small things that others take for granted such as privacy, being able to come and go into the community either for work or a pass. Avoid talking about the past. You know; the war stories as your only conversation topic. Instead, practice making small talk about daily happenings either at the center, work, or

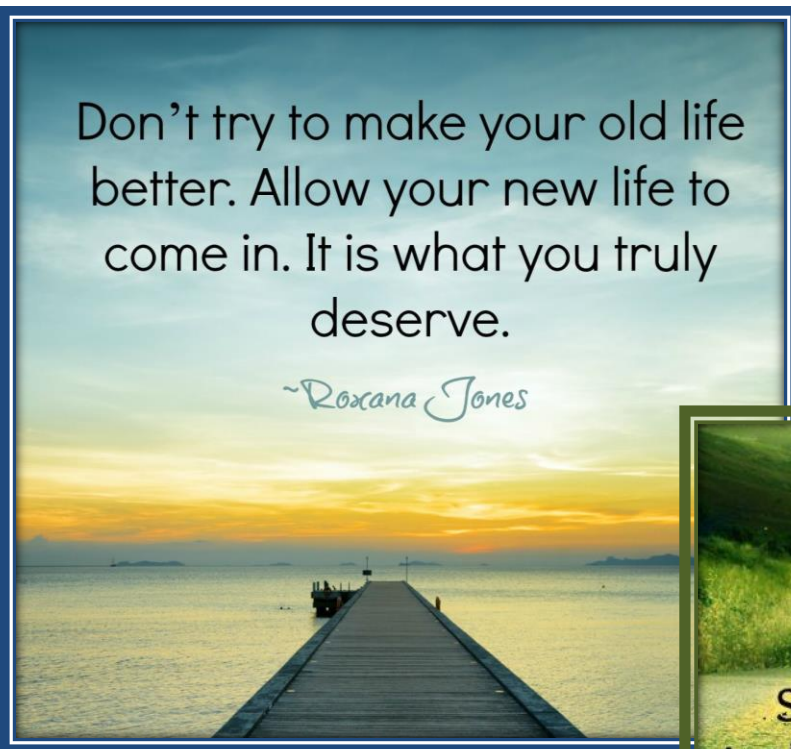
that long anticipated pass. Begin visualization of what you want to accomplish while at the center. Don't try to catch up on what you have missed. You cannot re-live time lost. Be patient and take small steps toward a new way of living. Slowly, you'll be able to see the light at the end of the tunnel. Just remember to be true to yourself and that things will work themselves out with patience, clear thinking, and the right decisions.



Sandra Bearchum

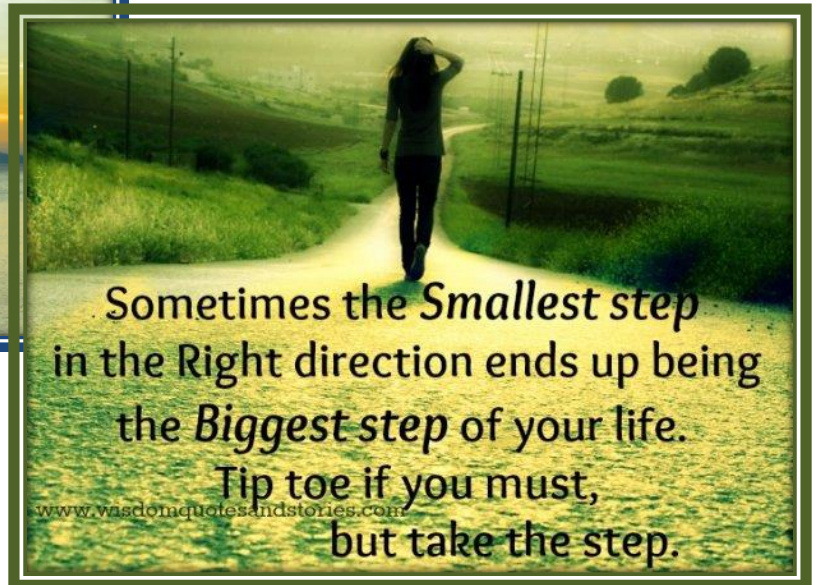
Don't try to make your old life better. Allow your new life to come in. It is what you truly deserve.

~Roxana Jones



Sometimes the *Smallest* step in the Right direction ends up being the *Biggest* step of your life.
Tip toe if you must,
but take the step.

www.wisdomquotesandstories.com



Erik Cabrera - Honors Member



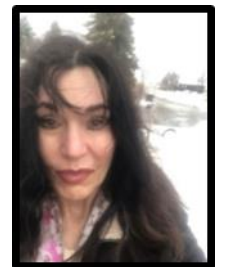
New Honors Member, Erik Cabrera, is getting ready for his upcoming release. A few months earlier, however, Erik was self-destructing, driven by the same factor that is now making his program a success. Before his wife was approved, Erik went off agenda to see her and the kids, risking his program and his freedom. Were it not for his honesty and the way this was received at his hearing, Erik could have been terminated. As it turned out, however, while he got sanctions, he did get to stay in the program. And now?

Now his wife is an approved visitor and she and Erik go on passes. The intensity of his love for his family is now working for him, guiding him, giving him motivation and reasons for success. Erik said that honestly, without his family, it would be much harder for him to care.

Erik and his wife met at a Starbucks in California. They saw each other, started talking and quickly bonded into a couple. Erik's wife is from the Flathead Reservation and they moved to the Missoula, Ronan area to be closer to her family. But when Erik left California, he took his drug using life with him. High speed chases, heavy meth use, arrests, in and out of jail - where he lived had changed, but he hadn't. His out of control life was destroying himself and those around him.

Incarceration and settling in at the Center gave Erik a chance to change his behaviors, find his focus and calm his mind. He hated being away from his family and came to the stark realization that he could have the drug life/crime life, leading to a long prison stay, or he could have his family. Not both. Away from the drugs and the reckless behaviors, his priorities changed and his head cleared.

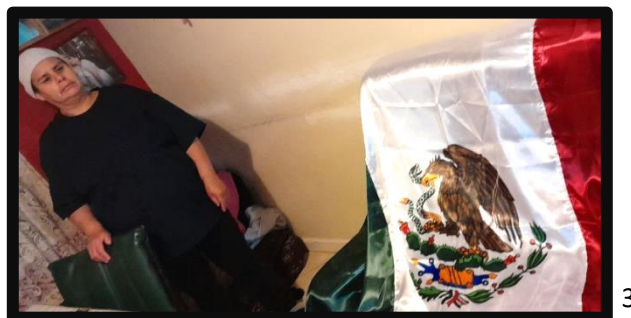
His job at the Glass Doctor has become a key in Erik's stability. Having landed in just the right job, Erik says he has an excellent boss and great co-workers. He is not only treated well, but is learning a valuable skilled trade that was completely new to him. Erik told me they have non-stop customers. At first, understandably, he was nervous to do the precision work needed for windshield glass repair, but he quickly got the hang of it. The variety of skills he is learning will someday allow him to open his own shop.



NEWS BY SHEENA JARVEY

Although his wife and daughter are in Great Falls, the rest of his family is in California. Erik has two older step brothers, as well as a little sister and little brother. He spoke with pride of how hard his sister works, often with a long commute. His brother has a daughter, Melody. His dad ran a landscaping company. Although he and his family phone and text each other, still, it's not the same as in person and Erik misses all his family. Will his mom come to visit in Montana? Erik laughed and said she took one rather surprised look at the pictures of the snow, andno. Erik and his wife, however, are going to build their life in Great Falls, a city which has given them a much needed re-set in their lives. Their daughters are five and seven and Eric is more than ready to settle into family life to give them the love and stability all kids need.

Still, sometimes when life has settled down, that "addicted to chaos" element starts to creep in. So, I asked Erik if he missed his former life. He told me he had definitely reached the point where it was time for a change.



Erik's mother with the Mexican flag

Erik Cabrera - Honors Member – continued

By Sheena Jarvey



“I grew up around violence and followed the footsteps of other kids who were violent. It became what I knew.” But now he is older, in a committed love relationship and is experiencing other life options. Erik reflected that he was really and truly tired of running from the cops, the warrants, jail, the risky drug world with everyone out for themselves. Tired of all of it.

“I’ve been doing good and this time it is time to change.” He continued, “I don’t miss the old life. Not one bit.”

Erik’s niece in front of her dad’s truck

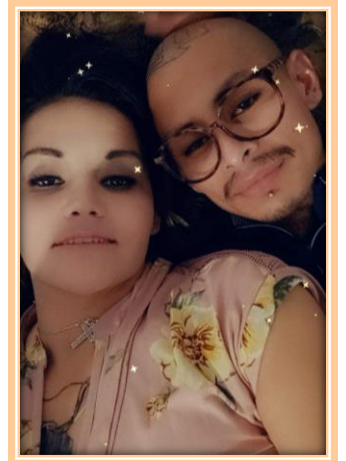
Erik’s wife and daughters fill his heart with love and this love guides him to make good decisions. Of his family, Erik was clear: “I love them to death. They cry when my pass is over”. Erik’s family is his motivation to do well, to work harder and to stay out of trouble. Even though his mom may not come to visit (well, at least not if there is any snow!), she is supporting Erik every step of the way. Erik’s life on the streets and the possibility that his choices could land him a life sentence, made his mom constantly fearful and even though she prayed constantly, she still was consumed by worry. Now, thankfully, his mom has found peace in her heart, knowing her son is on the right road. “She is happy. I’m working and getting my life straight. Her prayers have finally been answered.” When Erik’s mom started to relax with the realization that Erik really had changed, Erik and his mom found that, in addition to their serious talks, they could also have a more lighthearted relationship. They both could breathe more easily and find the joy in an authentic conversation, one where there is lots of laughter and joking. This happiness brings Erik peace of mind. “My mom’s smile is everything to me. As long as she’s happy, I’m happy.”

Erik has climbed a difficult road to get to this point. He wants to encourage others to do this climb, as well. **“If you guys want to get in trouble, don’t do it. It’s not worth it. If I can stay sober, you guys can, too.”**

April 11th will be Erik’s two years sober birthday “I’ve never been sober this long” and, he added with a smile, “I have many more (sober birthdays) to go.” Now that he has his passes and his Honors scheduled leaves, Erik and his wife can spend time and go bowling, movies and yes, shopping. Down the road, Erik is going to buy a Silverado, his sobriety vehicle, as a treat for himself for all his hard work. Another planned treat is a family trip to Disneyland.

Erik has an easy, ready smile and a sense of contentment that has grown stronger since the beginning of his Center stay. He appreciates the encouragement of staff. He feels the constant love of his family and takes pride in his family, his sobriety, his health and his career. He and his family pray and they have a strong faith in God, as their protector and strength. Erik is proud to have turned his life around and looking forward to his future.

We are very proud of Erik. We wish him and all his family joy and happiness in the years to come.



What is considered normal mental health? Patterns in thoughts, feelings and behaviors can suggest when to get help for yourself or someone you care about.

Mental health is the overall wellness of how you think, regulate your feelings and behave. Sometimes people experience a significant disturbance in this mental functioning. A mental disorder may be present when patterns or changes in thinking, feeling or behaving cause distress or disrupt a person's ability to function. A mental health disorder may affect how well you:



Robin Castle
Licensed Clinical Professional Counselor
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- ✚ Maintain personal or family relationships
- ✚ Function in social settings
- ✚ Perform at work or school
- ✚ Learn at a level expected for your age and intelligence
- ✚ Participate in other important activities.

Cultural norms and social expectations also play a role in defining mental health disorders. What might be normal in one society may be a cause for concern in another.

Professional help might be needed if you experience:

- ✚ Marked changes in personality, eating or sleeping patterns
- ✚ An inability to cope with problems or daily activities
- ✚ Feeling of disconnection or withdrawal from normal activities
- ✚ Unusual or "magical" thinking
- ✚ Excessive anxiety
- ✚ Prolonged sadness, depression or apathy
- ✚ Thoughts or statements about suicide or harming others
- ✚ Substance misuse
- ✚ Extreme mood swings
- ✚ Excessive anger, hostility or violent behavior

Consult your primary care doctor or make an appointment with a psychiatrist, psychologist or other mental health professional. With appropriate support, you can identify mental health conditions and receive appropriate treatment, such as medications or counseling.

...AND
EMPATHY?

2.

Empathy is not always spontaneous. It implies making an effort to put ourselves inside another mind and seeing reality through his eyes.



Arthur “Ryan” Windy Boy - Honors Member

By Brenda Demers



Ryan Windy Boy lives and breathes art. “I’ve always loved to do art work as far as I can remember. It’s just something that I enjoy doing, and it’s mind boggling how therapeutic it is.” There are a lot of artists that I really admired as a kid growing up. Up to this day I still look up to artists such as Vernon The Boy, Algie Piopot, Douglas Standing Rock, Robert Gopher, Jesse Henderson, John Murie, and my brother Shaundiin Windy Boy. My favorite artist that inspired me the most is Charles M. Russell.”

Ryan noted that one time in high school he drew a picture on poster board of Oscar De La Hoya winning the gold medal in boxing. His art teacher entered it in an art contest in New Mexico. He took 1st place and the drawing sold for \$1,500!

Growing up in Rocky Boy, Ryan shadowed his dad singing and dancing at Native American ceremonies and Pow Wows. Ryan shared that losing his dad was pretty tough for him. He is thankful he was able to express appreciation to his dad for all he taught him and for his great example.

Ryan shared with me an experience he had following a serious car wreck in 2004. From the back seat where he sat as a passenger, his body was hurled through the windshield and slammed into a tree. His dad was the chief of police and came to the scene fearing the worst. He was rushed to the hospital where the team initiated surgery. Suddenly Ryan flat lined. The *struggle to breath* followed by the spiritual experience of *being in a place that wasn’t earth* will forever be imbedded in Ryan’s memory. After shocking his heart four times to no avail, the doctor threw down the paddles, took off his glasses, and took a deep breath. It was 4:44 and he was about to utter the time of death. Before the words came out, Ryan’s heart picked up. The doctor sat on the edge of Ryan’s bed, bewildered. He conceded that he was a man of science, but couldn’t explain what brought the young man back to life. The experience had a profound effect on both the doctor and Ryan. The doctor confessed to Ryan that he had been so busy that he didn’t have time to go to church with his family, but after that experience he had no choice.

Ryan had to dig deep to gain the strength to recover from both the accident itself and the addiction he acquired to the pain meds. Someone once told Ryan, ‘You are going to live a hard life, but it’s for a better purpose. You will become a drug addict and an alcoholic so you will know what it is like so you can help others.’

While he was locked up, Ryan dove deep and recovered his spiritual foundation. He revived and strengthened his spirituality, becoming closer to God as he studied the Bible. To this day, Ryan finds peace in reading scripture and attending church. His mind is set to achieve the long term goal he set for himself which is to make it to Heaven.

Ryan said the nine months he spent at Nexus helped him a lot. He didn’t want to be there and asked to sign out on his first day. As he was waited on the papers to sign, he thought about his son and how he was about to fail him yet once again. Ryan admitted that there were a lot of things he learned about the effects of criminal activity such as the ripple effect.

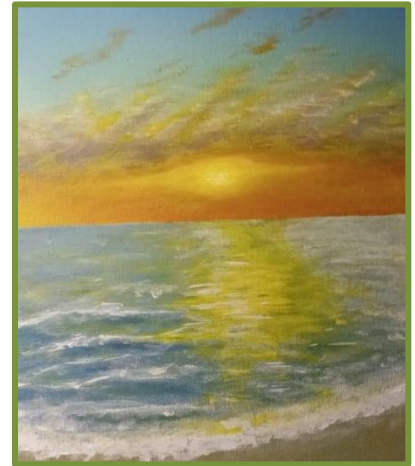
Ryan understands the importance of releasing to a healthy environment and he stated that he has an aftercare plan he is going to stick with. “The temptation will always be there, but my mind is already set. When I was in treatment I thought about it a lot.” There was a time when Ryan couldn’t say *no* so after treatment he looked forward to the opportunity to test his willpower. Finally, the time came. Ryan told the person asking him to relinquish his sobriety that he waited five months for someone like them. “I wanted to know what it felt like to say *no*. It felt good and gave me goose bumps.”

Arthur "Ryan" Windy Boy - Honors Member - continued

By Brenda Demers

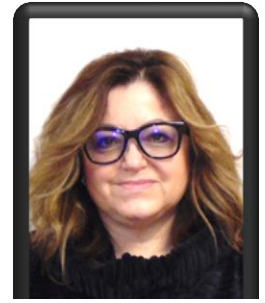
Ryan went on to say, "Forgiveness is the key to a healthier mindset. I've always said this and always will say this to people. You don't have to ask for forgiveness because it has already been accomplished by Jesus our Lord and Savior. Instead, ask how to forgive yourself and others. The law of attraction is a reality. If you want goodness to come to you, you must always set a good vibe." Ryan loves his Vineyard church family and encourages others to give church and spirituality a chance.

Throughout his life's journey, Ryan has learned the effectiveness of journaling. Every so often, he will go back and read certain entries and remember the feeling he had, how he dealt with the situation, and what he could have done better. Ryan is hungry to learn and better himself. He closed with, "I'm not going to try and be anyone's savior, but I will put my foot down as far as drugs and alcohol."



NURSE'S STATION

Many Residents share that they are suffering from sleep difficulties, fatigue, tension, stress, lower back aches and body aches. This article from [Happiness Life](#) may have some techniques that may work for you. I have used these poses when leading relaxation groups with my patients and with my stressed out nursing students and have received positive feedback endorsing effectiveness. They are not for everyone, so please read the whole article before practicing these poses.



Heidi Hunter, RN

3 Things That Happen When You Put Your Legs Up Against A Wall Every Day



Even though many people believe it is too difficult to learn and do yoga positions, yoga can give you countless physical and mental benefits. You can start doing yoga with some simple positions and then gradually practice it.

This is a very simple pose that you can perform and it is also called as the Inverted Lake Pose or Legs up the Wall pose. This can help you with pain and tightness relief, reduced anxiety, and relaxation.

There are some of the variations in this pose and you can learn them depending on your abilities. You will work deeper into the poses and start doing even more complicated ones, by performing them regularly.



Legs straight up the wall version

First of all, you should lie on the back, with the buttock against the wall, and the legs extended straight up the wall, hip distance apart. The soles should be faced upward, and the arms beside the body or folded across the chest.



Legs in a wide "V" version

You should start same as the previous position. But in this pose, you have to spread the legs into a wider V formation to stretch the groin area.



Soles together version

You can turn the knees outward, out the soles of the feet together, and press the legs against the wall for an even more intense groin stretch. You should also move slowly as this is an intense stretch.

If you practice, you'll get more benefits as follows:

- ✓ Increased blood flow and reduced inflammation
- ✓ Relaxation and lowered stress
- ✓ Improved hamstring mobility and relieved lower back pain
- ✓

Even though it is highly benefited it also can pose serious risks of neck and back issues. Avoid the pose if you suffer from these problems. But you can try them with your physiotherapist or certified instructor.

In the end, we can conclude that Viparita Karani poses are a simple way to boost blood flow, relieve pain, relax the body and mind, and lower stress. If you want to have these benefits, practice it regularly.

David “Annabeth” Cuchine - Honors Member

By Cheryl Haynes



I had the pleasure of interviewing David “Annabeth”. She is an interesting person to talk to. She was born in Butte and raised in Raeford. She has two brothers and three sisters. Her family has been supportive of her choices.

When she was incarcerated, she was an easy target. Also, she had little to no family support. She has an adoptive family that she keeps in touch with.

She has been on her own since she was seventeen. Even on her own, she managed to go to school full-time and also worked full-time. She has been an EMT and has worked in child/adult psychology.

When she was younger, she was forced to do boy things like play with trucks and such even though she liked playing Barbie’s with her sisters. She was more comfortable with her sisters.

She has finally come into her own the last year and a half. She is happy being who she is. She also has a great attitude about life.

One thing I learned is that she is a poet. She is hoping to get her poems published someday.

Love Potion

By Annabeth Cuchine

Branches groan and break under icy oppression
The wind whispers through the trees in frosty tones
As snowflakes sparkle like the diamonds of a jeweler’s obsession
A river lays frozen and silent on its bed of stones
All lending to the peaceful and serene impression
In this forest cathedral she forgives and atones

Clad in shimmering white, the witch matches deep winter’s splendor
Over a brilliantly lit cauldron she toils
In inspiring sight of magic and wonder
With each ingredient the cauldron froths and boils
Her potion a love filled and rewarding endeavor
Its completion promises the most enchanting of spoils

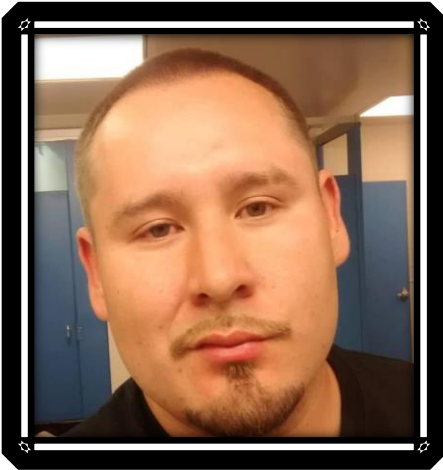
Before her sits the result of her virtuous intent
Fragrant toffee, vanilla, chocolate, and mint scent the air
A pearlescent mist shimmers and hangs lazily over the cauldron as if content
As silver sparks dance wildly, the eyes they do ensnare
Its vibrant hues swirl in a mesmerizing current
A true reflection of all her love and care

Her heart and soul given corporeal form by the potion
Stopped and stored in a sanctified crystal vial
Now that they’re purified to give them away her notion
To no avail does self-preservation voice its denial
For no longer will she prohibit herself another’s loving emotion

With joy she turns the potion into a spectral butterfly
On a serene breeze it flutters from sight
From love and trust she’ll no longer shy
For this time she knows her heart and soul will choose right

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Tyrel Bear is making the most of his sobriety. He has a lot of good things going for him, including having obtained his GED, Serve Safe certification, OSHA card, flagger’s certification, and his driver’s license. He commented, “It feels good. I’m actually kind of getting tired of being locked up and in places like this. It’s time to grow up and plan ahead and think about my future instead of just living in the moment. This is the longest I’ve been sober – almost a year and a half.”

Tyrel’s best memories growing up are the times he spent hunting and fishing with his dad. Unfortunately, at the age of 13 he lost his dad, which proved to be very hard on him. Tyrel knows that if he goes back to his home turf he will get into trouble, so he plans to stay in Great Falls and continue working for TC Glass.

Tyrel describes his personality as quiet, yet he likes to tease, joke around and have fun. His CTS pointed out that throughout his inmate worker program, Tyrel maintained a positive attitude and displayed a willingness to help others when needed. A valuable attribute he learned was to be patient with others. His advice is to “stick to yourself and work towards bettering yourself. That’s all you can do. Don’t pay attention to other peoples’ business. It will get you in trouble. Sometimes you have to help yourself before you can help others.”

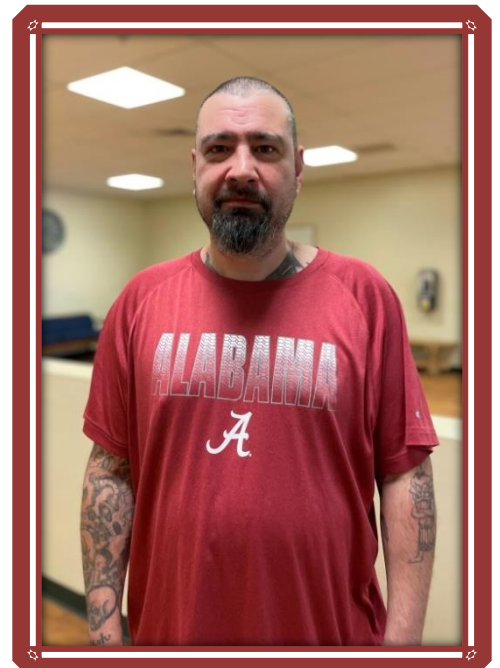
Donald Vitale – Honors Member

By Brenda Demers

Congratulations to Donald Vitale for being accepted into the Honors Program!

Donald takes his program seriously and makes sure he meets and communicates openly with his CTS each week. He stays positive in all his endeavors and guides other recovering alcoholics whenever possible. Donald stated that he has been working a complete and honest program, and he plans on doing the same when he releases. Donald has created boundaries with his friends and family.

When asked how Honors will enhance his success upon leaving the Center, David responded, “If I can better myself in here and be a positive role model to others, I can do it also when I get out.”



Education Center Schedule for the Month of March 2023

Special Note: HiSET testing is conducted on Tuesdays, and TABE testing on Mondays and Wednesdays at GFCMSU. Ed Center hours will be adjusted pending resident registration for testing day and time.

Wednesday 3/8:

Ed. Center Hours 0930 – 1130 and 1330 - 1700

Computer Learning 0800-0930

New Resident Intake 1300 - 1330

Thursday 3/9:

Ed. Center Hours 0800 – 0930 and 1600 - 1700

East Campus 0930 - 1100

Connections Check @ GFCMSU 1300 - 1400

Women's Campus 1430 - 1600

Friday 3/10:

Ed. Center Hours 0800 – 1200

Life Skills – **Credit Strategies**

East Campus 1330

Women's Campus 1430

West Campus 1530

Monday 3/13:

Computer Learning 0830 – 1030

TABE Testing @ GFCMSU 1230 - 1630

Tuesday 3/14:

Ed. Center Hours 1030 – 1200 and 1300 – 1600

Computer Learning 0800 – 0930

Staff Meeting 0930 – 1030

Program Meeting 1600 -1700

Wednesday 3/15:

Ed. Center Hours 0930 - 1130 and 1330 - 1700

Computer Learning 0800 -0930

New Resident Intake 1300 - 1330

Thursday 3/16:

Ed. Center Hours 1030 – 1200 and 1300 - 1445

Computer Learning 0830 - 1030

Future Build Meeting @ GFCMSU 1500 – 1600

Friday 3/17:

Ed. Center Hours 10300 -1200 and 1300 – 1700

East Campus 0900 - 1030

Monday 3/20:

Ed. Center Hours 1030 – 1200 and 1300 – 1700

Computer Learning 0830 - 1030

Tuesday 3/21:

Ed. Center Hours 0930 – 1200 and 1300 – 1700

Computer Learning 0800 - 0930

Wednesday 3/22:

Ed. Center Hours 0930 – 1130 and 1330 - 1700

Computer Learning 0800 - 0930

New Resident Intake 1300 - 1330

Thursday 3/23:

Ed. Center Hours 1030 – 1200 and 1300 - 1500

Computer Learning 0830 – 1030

Women's Campus 1500 - 1630

Friday 3/24:

Ed. Center Closed – Ed. Coordinator Off

Monday 3/27:

Ed. Center Hours 1030 – 1200 and 1300 - 1700

Computer Learning 0830 – 1030

Tuesday 3/28:

Ed. Center Hours 0930 – 1200 and 1300 – 1700

Computer Learning 0800 – 0930

Wednesday 3/29:

Ed. Center Hours 0930 – 1130 and 1330 - 1700

Computer Learning 0800 - 0930

New Resident Intake 1300 - 1330

Thursday 3/30:

Ed. Center Hours 1030 – 1200 and 1500 - 1700

Computer Learning 0830 - 1030

Staff Meeting 1400 – 1500

Friday 3/31:

Ed. Center Hours 1100 – 1330

Life Skills – **College Success Strategies**

East Campus 1400

Women's Campus 1600

West Campus 1800

Education Center Schedule for the Month of March 2023 - continued

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) The Life Skills sessions will be conducted in the following locations unless otherwise noted.
West Campus: The Ed. Center or the Downstairs Classroom./Counselor Conf. Room
East Campus: Downstairs Class Room
Women's Center: The Great Room
- 4) 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.
- 5) 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.
- 6) Life Long Learning through the Great Falls College MSU offers many opportunities to participate in courses ranging from wood and metal working, to finance, computers, wellness, cooking, business, etc... 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.



By Allen Heisler,
Education Coordinator

RESIDENT EARNS CERTIFIED NURSING ASSISTANT CERTIFICATION



Congratulations to **Kristie Harrison** for her dedication and hard work in becoming a CNA. Kristie didn't come up with excuses of not having time to pursue a higher education. She put in long days working full time, going to school, and studying to make this happen. Kristie commented, "The CNA class is just another step towards my main goal. My main goal is to be a registered nurse (RN). I am currently enrolled in MSU Great Falls College for the fall semester. I never thought I would say this before, but I am extremely happy where I am in life today. I am super proud of myself."

Kristie, you have every right to be proud! Congratulations, and we wish you the very best!

Josh Martz - Honors Member



Congratulations to new Honors Member Josh Martz, who married his lovely bride Alicia on Feb. 22nd, 2023. Josh and Alicia have been together for five years. “She is the only person who has never given up on me.” Josh’s other big news is he and his wife have a new baby. Ivy Mae was born on August 30th and Josh is besotted. “I love her to death. She is something else.” Josh’s family now includes his wife, his new daughter, Ivy, eight year old Myra and two older sons Joshua and Jaryd. He and his sons are getting re-established and are texting encouragement and support.



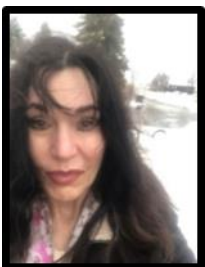
When asked what his wife loves most about him, Josh replied. “She always told me, ‘If you saw what I see when I look at you, you would know why’.” Josh is now able to understand what his wife sees, since he is drug free, stable, in love with his family and healthy.

Previously, however, Josh was none of those things. His prior drug use brought him, as he described it, “to the very bottom of the bottom”. The last time he overdosed, he was initially pronounced dead, but was still given multiple doses of Narcan in a last ditch effort. Prior to being fully awake, but still able to perceive his environment, Josh recounted, “When I started to come to I was confused. I’m not sure how to describe it, except to say it was a not so good place. It was also very loud, although a different sort of loud than normal life. Everything was heavy and filled with deafening sounds. It was like a densely crowded room with everyone screaming, except there were no people. I couldn’t see beyond my arm and everything was grey and shimmering. I was in an unresolved state of mind.”

When Josh fully came to, he realized it wasn’t his time. He thought about his life. “I was on the streets with my big time drug use. My wallet was stolen. I came close to dying”. At that point I realized, “This is it. I can’t do this anymore.” And that was the end of it.”

When Josh started his recovery, he understood that, “There were reasons for me to be here and so I checked myself into treatment. I had to stop using because when you hit rock bottom, there are no other options.” Josh showed me a picture of himself taken during this time. Although I knew it to be him, still, it was hard to believe, as I started at an unhealthy man with the proverbial dead look in his eyes.

With his sobriety and his loving family, that has all changed. Now Josh takes an interest in himself with good health, new teeth (!) and glasses. As his wife, Alicia, said to him, “Now look at you!”



His good health allows him to work ten hour days, keeping up with the younger crew members. “I work hard. I love what I do, and I’m worn out at the end of the day, but that’s okay.” Josh looked around the lobby and reminisced about when he worked on the construction of East Campus. Josh has worked



Josh Martz - Honors Member – continued

By Sheena Jarvey



for nearly all the construction companies in town. Josh is currently working for James Talcott Construction, building the new Chipotle, which will be ready this summer. Josh had high praise for his employer. He said James Talcott Construction is an excellent company to work for and they treat their guys really well, including a recent County Club employee appreciation dinner. Josh said he is proud to work for the oldest construction company in Great Falls.

Being married, having a new baby and working at a great job are just some of the joys Josh is experiencing. Church at New City is another joy which provides spiritual support for Josh and helps him to find stability and acceptance. “I really like New City. They are very welcoming because you don’t feel out of place. You get to just be yourself.”

Josh is being careful and thoughtful about his recovery which includes where he plans to live after pre-release. He and his wife and family will live at the Cameron Family Center for the time being. He said, “Living in the Cameron Center, I will be in society, but still in a structured environment. Real life will not be a slap in the face: I will have a better landing.” Josh said his pre-release stay has set him up for success, so he wants to insure this success going forward.

For Christmas, Alicia gave Josh a sweet gift of a blanket embroidered with “I love you to the moon and back” surrounded by family pictures. Josh takes such joy in his family. But Josh and Alicia are realistic and know that this joy is not just granted without putting in the work. They do couples counseling with Robin and will work with another counselor for continuing care upon his release. Currently Josh is involved with treatment programs that provide support and Josh wisely is setting up a similar support system in the community. As he explained, “We don’t have big problems yet. However, we don’t want to wait to get help, so we can prevent big problems before they start.” Furthermore, he and his wife both take their own path to recovery and give each other space to do so.

From being very close to death, to thriving in the community, Josh wanted to share what he has learned on his journey. **“Find whatever it is that will give you the incentive to do better. Find some joy. Find some peace. Be humble enough to be teachable”.**

Toward the end of the interview, I asked Josh what he loved most about his wife and he answered quickly, without hesitation, “What I love most about my wife is how she loves.” Then he added, “I’m very humble and very grateful. I’ve got so much to be grateful for in my life and I’m reaping the benefits of my hard work.”

We are proud of how hard Josh has worked for his success and wish him and all his family many years of joy and happiness.



Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Adrian Shawl is a soft spoken individual. In visiting with him, I found that he has not yet grasped the magnitude of his true potential.

Adrian shared that he orbited around the foster care system until he was 10 years old. At that point his grandmother and her husband took him in. Adrian learned to work as he was assigned both household and outdoor chores. He enjoyed being outside cutting the grass and feeding the cattle and horses.

Adrian ran track and cross country at Dodson High School. He said he was kind of a loner, and to this day he is not comfortable putting himself out there socially. He did have some goals set for himself though. He enrolled in Fort Belknap Community College and focused on computers. Later, he decided to give biology a try, but neither major felt right. He commented, "Even today, I'm still mixed up. I don't know what I want to do career-wise."

Adrian started hanging around with what he describes as generational alcoholics, which distorted his focus from his path of higher education to a downward spiral.

While here, Adrian took the opportunity to refocus himself and is working towards discharging his sentence in July. He admits he is kind of nervous. He wants to keep working and save up enough money to buy a vehicle and support his family. Adrian's face lit up as he spoke of his 5 year old daughter. He is determined to give her a better life than he had. He loves being a dad and is ready to devote all he has to raising and protecting her.

One thing Adrian wants to change about himself is to get more on a spiritual plane. He said he knows that would help him because he has always been kind of a floater. He believes in a higher power, but he's just not sure where to go with it.

Adrian shared a bit of good advice: "Things will only work out if you actually put your mind to it and stay dedicated to it. You have to have motivation. Obviously, addiction messed things up for me. If you become influenced by other people or your old associates, you will go downhill."

Congratulations, Adrian, we know you can make something of yourself!

THE MAGIC BANK ACCOUNT

Imagine that you had won the following *PRIZE* in a contest:

Each morning your bank would deposit \$86,400 in your private account for your use.

However, this prize has Rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
5. The bank can end the game without warning; at any time, it can say, Game Over!"

It can close the account and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL Shocked ??? YES!

Each of us is already a winner of this *PRIZE*.

We just can't seem to see it.

The PRIZE is *TIME*

1. Each morning we awaken to Receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is not credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING.

SO, what will YOU do with your 86,400 seconds?

Recycle /Upcycle/Repurpose

By Brenda Demers



Lonnie Moore made this cargo rack for his bicycle out of scrap material.

We have become a throw-away society. Rather than fix something, people find it easier to just get rid of it and buy new. There's no need to sulk if you don't have enough money to buy that item you think you need, but could really do without. Stimulate the creative part of your brain. Search for used items other people are selling or sending to the dump. Check out yard sales and thrift shops. Go to the internet and search for recycled or upcycled projects. There are limitless ways you can find or create something useful with little or no cost.



Lonnie Moore made this cool tire flap for his bicycle out of scrap material.

One of my favorite quotes is by Boyd K. Packer:
"Use it up, wear it out, make it do, or do without."



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.



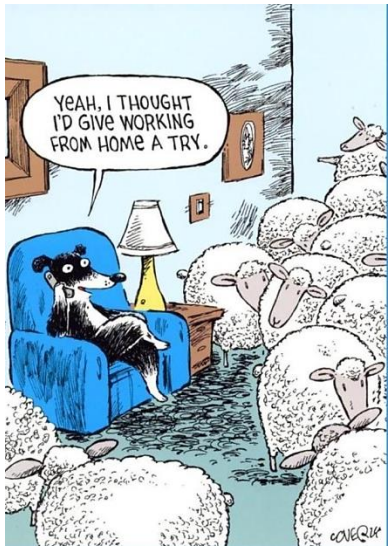
PRE-RELEASE PRESS

Editor: Brenda Demers



TRANSITION CENTER
GREAT FALLS PRE-RELEASE SERVICES INC.

Finally my winter fat is gone, now I have spring rolls.



St. Patrick's Day

Find the words on the list in the word search below!

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

CLOVER	GOLD	LEPRECHAUN	GREEN
IRISH	EMERALD	LUCKY	PATRICK
SHAMROCK	MARCH	RAINBOW	CHARM
WISH	POT	IRELAND	MAGIC

