

East Campus

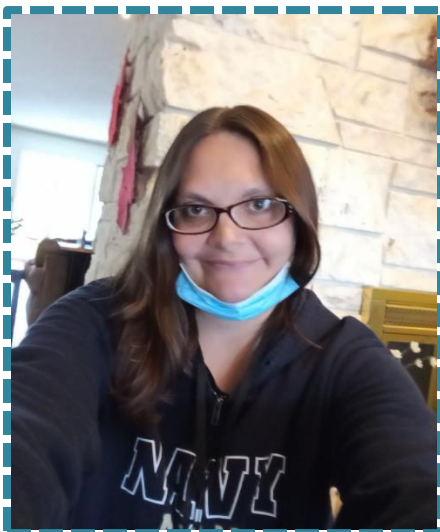
RESIDENTS OF THE MONTH

Nominator states: Resident Colligan is working his program to a T. When he is not at work, he's at NA or church. On even days, when he's not at work you can typically find him on pass at the gym. Colligan is one of the residents who is quiet and respectful and isn't one to cause trouble or give anyone a hard time. He walks around with a positive attitude and been trying extremely hard to do right and complete his program. He just recently was moved to Phase 4 and also accepted into the Honors Program.



Christopher Colligan

Women's Center



Tia Hayden

Nominator states: Tia Hayden has been doing a good job in her program. She is positive and has an upbeat attitude. She participates in groups with reality and shares how she is determined to remain sober. Her struggles have not taken away from the goals she has set. She makes every effort to accomplish a good program.

Nominator states: You may have seen Michael Alderdice in your drive around town. That was in the past, where he was the guitar player on the corner, living without a home and struggling hard with mental health demons. Now, when you see Michael, he is going about his day at the Center. He holds a job, has stabilized and has successfully joined in the flow of life at the Center. In therapy groups, he speaks honestly about his past and his determination to get this life back on track. Michael has made a remarkable leap into entering a whole other way of life – a way of life that will lead to a good future. His life change is very noteworthy and is inspiring to remind us all that these major life changes are indeed possible. Michael has put in the hard work.

West Campus



Michael Alderdice

Monthly Question

What is your favorite scary movie?



Allen Parisian: IT

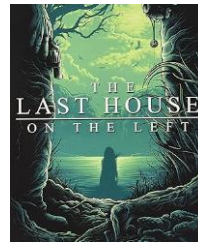


Bob Dompier: Dark Shadows and Young Frankenstein

Brie Baker: The Last House on the

Cheryl Haynes: The Exorcist

Crystal Moore: Insidious

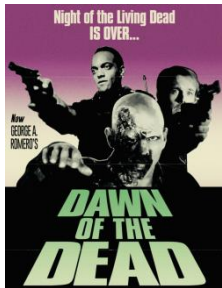


Left



Dan Goetchel: George A. Romero's Dawn of the Dead

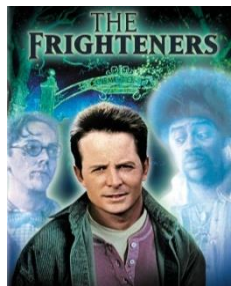
Heath Reed: Halloween H2O



Jaime Walker: Clue & 1974 Young Frankenstein both w/ Madeline Kahn

Jamel Scott: The Hills Have Eyes

Jamel Scott: The Exorcist



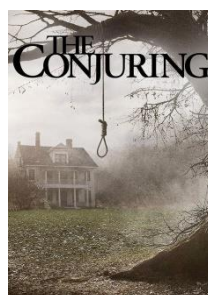
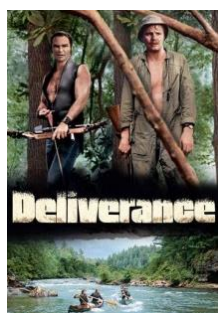
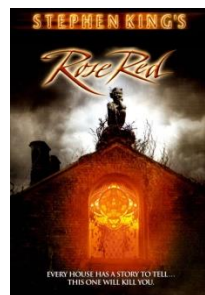
Jesse Risher: Cube

Joe Marten: Leprechaun

Jon Green: Rose Red

Kayla Williams: The Frighteners

Keith Davies: The Conjuring



Monthly Question

What is your favorite scary movie?

Kellen McGarry: Teeth, Deliverance

Latasha Makes Coldweather: Smoke Signals

Latoya Matus: Most of the Halloween Movies. I love Michael Myers

Meghan Chapman: The SAW Series

Michelle King: IT

Robert Laverdure: Chucky

Robin Castle: JAWS

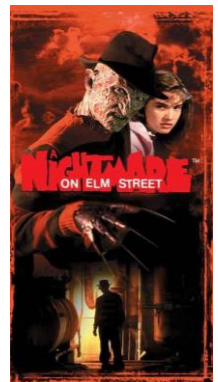
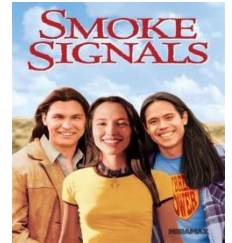
Rueben Stump: The first Nightmare on Elm Street

Sadie Todd: Exorsist Uncut original 1973, A Quiet Place, The Exorcism of Emily Rose

Sashen Smith: Insideous

Sheena Jarvey: The Haunting of Bly Manor

Tia Hayden: Lights Out



Michael Stilson – Honors Member



Congratulations to Michael Stilson for being accepted into the Honors Program!

Staff that work with him commented that

- He treats his fellow residents and staff with respect and in a polite manner.
- He has taken necessary steps to change his thought process and behavior patterns.
- He has had setbacks but managed to work through them in a positive manner.
- It appears Mr. Stilson stands out as a resident that is taking advantage of all of his resources to make something of his marriage and his life.

Michael stated that he attends two couple's counseling sessions per week and he obtained a 2nd part-time job.

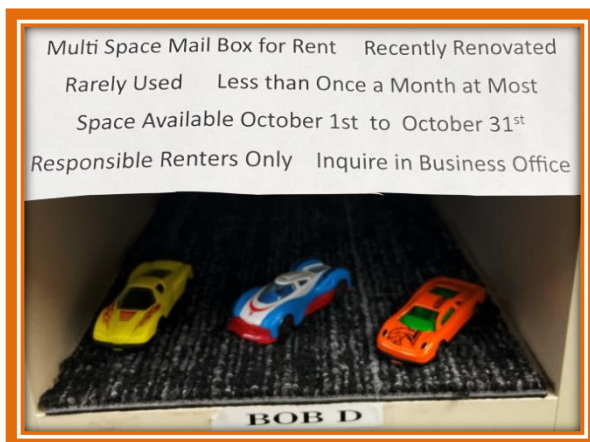
Byron Morris – Honors Member

Congratulations to Byron Morris for being accepted into the Honors Program!

Staff that work with him commented that

- He has made vast improvements within himself since his arrival.
- He has had to deal with some difficult situations during his stay and has handled them in an appropriate manner.
- He meets with his CTS two to three times per week to ensure he stays on track.
- He is invested in his program and has kept it clean.

Byron plans to start a local Crystal Meth Anonymous group in Great Falls.



Soon to be retired Business Manager **Bob Dompier** hoping to earn some extra income from his mailbox.

ROCK PAINTING CONTEST



Michelle King



Sashen Smith



Crystal Moore - Winner



Michelle King



Sadie Todd



Crystal Moore



Crystal Moore

Women



Sadie Todd

A Little of This and That



Jose Ramirez put this puzzle together



Troy Nelson brings smiles with his crazy cat outfit



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. Any suggestions are also appreciated.



Art by Ryan Baier



ROCK PAINTING CONTEST



Michael Skogley



Callen Bradford

East



Anonymous



Callen Bradford
2 Sided Rock
Winner



Johnathon Kimmel

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Anyone that knows **Michelle King** has figured out that she is her own person and she doesn't beat around the bush. She describes it like this: "Respect isn't given, it's earned." Michelle attributes her dad for teaching her the art of respect. Michelle's boxing background instilled discipline and respect in her as well. Her dad also taught her the importance of timeliness, noting, "If you're on time, you're late." Being responsible and following through on your word is another attribute Michelle learned growing up. She said, "Your word is all you genuinely have in life." She also exhibits a fun personality and could be described as a combination of the Disney characters Mighty Mouse, Eeyore, and Goofy!

Cooking is in Michelle's blood, stemming from her dad who was a cook in the Navy and (at or attended?) the Culinary Institute of New York. Michelle shared that her parents met at the Playboy Club in New York where her dad was working as a cook and her mom as a waitress. Michelle was born and raised on Long Beach, Long Island, New York until the age of 9 when the family moved to Florida, where she spent the next 21 years.

Some of the things Michelle enjoys doing are coloring, painting, latch hook, making dream catchers, Zumba, and horseback riding. She added, with a laugh, that she prefers working with animals versus working with people. She has cared for a wide array of critters including sugar gliders, skunks, and raccoons. With all that in mind, she wants to own and operate a traveling lunch truck or open an animal rescue operation.

A life lesson Michelle would like others to recognize for themselves is, "If you are doing the right thing, you should have nothing to worry about. If you hiccup in life, all you can do is pull your bootstraps up and learn from your mistakes. Don't just say 'sorry' and not show that you are."

When Michelle was here 4 years ago, she left on a good note. She wanted sobriety, and held onto it until some important people in her life passed away. She sought to numb the pain and coped in an unhealthy way. She credits those trials for putting her where she is today -- a better and stronger person. Michelle has always had the mindset that if you want something done right, to do it yourself, but over the years she has learned that *you aren't weak if you ask for help*. Her worry wart personality is also transforming. She used to not only make a plan B, but also a plan C just in case plans A and B fail. She said, "Now, instead of making myself sick with it, I pray on it. I've become closer to a higher power going through this."

Michelle has a love for Montana and her family. She has no worries about her 25 year old son who lives in Florida, as he is a mature, responsible adult. Michelle is close to her sister's son and daughter who affectionately refer to her as Aunt Sissy.

Michelle passed on these great, meaningful quotes:

I'm going to let you know where the hell you screwed up, not just get you in trouble.

Don't think you know me because you know my first and last name.

Don't make my problems yours.

Expect the worst, pray for the best, take advantage of nothing, and be grateful for everything.

If I don't like you, you'll know, and even if I don't like you, I'll wish you the best; just stay away from me.

I'm not a criminal. I just messed up in life.

Are you worth my progress? No. Turn around and walk away.

Do unto others what you'd want done unto you.

Life involves giving and taking. Most people want to take, take, take. If a person doesn't think like you, it doesn't mean they aren't going through something. Find out what you can do to help instead of judging.

I'm a lover not a fighter, but don't put me in a corner. Nothing is worth the progress I've achieved.

The big L - Live, Love, Laugh, Learn.

I'm living to dream and dreaming to live.

Money can help make you happy, but it can't buy you happiness.

In closing, Michelle expressed her thanks to the Great Falls Pre-Release staff. **"I'd like to give a big shout out and thank you to all of the staff members for everything you do. Without you it wouldn't be possible for any of us to be here getting our 2nd or even 3rd chance to change."**



ROCK PAINTING CONTEST



Ryan Baier and Michael Brien



Dustin Lamere
Winner



Michael Brien

West



Mitchell Debus



Ryan Baier

In Memory of C.O. Mitch Davison



Mitchell Vern Davison passed away peacefully at his home on September 9, 2023 with his family by his side. He was 42.

Mitch was born October 6, 1980 in Fort Benton, Montana to Tracy and Cathie Davison. He grew up in Highwood, Montana spending much of his youth as his grandpa's side-kick. Wherever grandpa went, Mitch always wanted to be there too. They spent a lot of time working on various projects, fishing and hunting and just hanging out. He remained close with his grandpa until his passing in 2001.

He attended Highwood High School and played football for the Mountaineers as a center and a defensive end. They won the state championship his freshman year and he played in the All-Star game his senior year. Mitch graduated in 2000. After high school, he attended Montana State University before taking a position with XL Cable. With this job came a lot of travel so he quit shortly after his daughter McKenna was born in order to stay closer to her. He was an agent for Farmers Insurance before taking a position at Bison Ford where he learned the in's and outs of sales. He held the record for the most cars sold in a day. He became the sales manager at City Motors and eventually worked at the Great Falls Prerelease Center as a correctional officer.

Mitch had many pastimes. He loved the outdoors and enjoyed going on various fishing and hunting trips with his uncles and friends and camping with his daughter McKenna who was his pride and joy. He enjoyed watching football with his friends-always cheering on his favorite team the 49ers. He was on a bowling league for many years and also enjoyed movies and books. He became a Star Wars fan when he was a little kid and had seen every Star Wars movie that was ever made. The last one being the Ahsoka series.

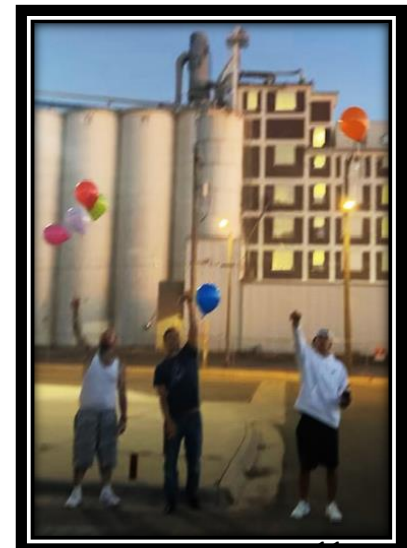
Mitch was preceded in death by his grandparents Bill and Bonnie Greavu, his father Tracy, his Uncle Tim, Aunt Mary and cousins George and Brandon.

He is survived by his daughter McKenna Davison, mother and father Cathie and Ken Zitzka, aunts Trayce Greavu and Rachelle Morris (Miles), cousins Jackie Greavu and Eric Dailey, uncles Ed Dailey, Paul Volkmar (Kim), Mike Dailey (Dawn), sisters Lashawna Johnson (Jeremy) and Katrina Zitzka and his many many friends. Mitch was an extraordinary person with a big heart and a great sense of humor. He was always willing to help anyone. Because of

this, he had a great many friends. Many came to see Mitch to offer their support during his last days and this was really appreciated. We would like to extend a special Thank you to Jesse Ryan and Jesse Jordan for all of their help and support. We would also like to thank Rick and Mary English for their support and prayers.

Mitch requested to be cremated and his ashes spread in the Highwood Mountains.

CO Madisyn LeFever organized a ceremony at the Center for residents to honor Mitch.



Taking Advantage of Opportunities

By Brenda Demers



Tarran Mathews is taking advantage of the opportunity the center and Great Falls College MSU is affording him to obtain his GED and his welding certificate.

Tarran is proud of having perfect attendance at his classes at the college where he has been preparing for and taking his HiSET tests. Testing takes place once a week, and so far he has passed writing, reading, and social studies. He just has math and science left. Tarran explained that the practice tests indicate when you are ready to take the real test. He commented that it has been easier than he expected. He would have thought it would be a longer and harder process. Most residents convince themselves that they will follow through with their GED or furthering their education once they release from the center, but Tarran has a testimony that it is just the opposite. He works full time and the college works around his schedule. Tarran commented that he would have thought more people would be up there with him. He said, "I encourage other people to come

along. People say they wish they could do it, and I'm like, 'you can; you don't have to wish.' It's only an excuse at that point."

What motivated Tarran to focus on his GED? "I'm changing my life around, and I figured it was time. With the position I'm in in life, this is the time to focus and obtain the things I need to. I wouldn't have done it if I was back home. I tell Christy that I appreciate her for giving me this opportunity to go out and do this. Where I'm from, a lot of case managers give you the option, but they don't motivate you like Christy. They leave it up to you."

Tarran is already enrolled in the welding program which will begin in January. He is a self-taught welder and is ready to receive the training needed to be certified. This will grant him the ability to travel and make a lucrative career. He is interested in pipeline and oilfield welding and has a 5 year goal to have his own business.

Tarran closed with, "I wish other people wouldn't take for granted the opportunities put in front of them. They are just making it harder on themselves in the long run. Everything is laid out in front of you; it's just what you decide to do with it."

Congratulations Tarran; we wish you the best!

This tree was planted at the East Campus in memory of C.O. Mitch Davison.



JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



I DIDN'T KNOW THAT

Fun Facts to Know



Bees can't Fly at Night - Well it's not that they can't fly – but their system shuts down at night, so they pretty much take to the ground as evening approaches. Bees need sun light to operate efficiently. If you put bees in a lit container of glass and then shut the light out on them you would see them drop like a stone.

Jack-O-Lanterns - Scientists believe that pumpkins originated in North America about 9000 years ago. The oldest pumpkin seeds have been found in Mexico and date back to somewhere between 7000-5550 B.C. Pumpkins (along with other forms of squash) were a historically important food staple among Native Americans. It didn't really become the vegetable of choice for carving until the late 1800's, when the fad came out of the New England states.



Today carving of pumpkins is a very lucrative business, especially if you're good at it. Growing pumpkins is also a contest which has evolved over the years. The largest pumpkin so far this year tips the scale at 2,749 pounds. It was grown by a Minnesota horticulture teacher and won this record just this year.

Fruits and Vegetables: Tomatoes and avocados are actually fruits, not vegetables.

Language Lesson Did you know "strengths" is the longest word in the English language with only one vowel?

Singing to Cheese? -- Professional cheesemakers are studying if music can change the taste of cheese. Sweet dreams are made of cheese! Swiss cheesemaker, Beat Wampfler, plays songs from bands like Led Zeppelin and A Tribe Called Quest during his cheese-producing process and, with the help of students from the University of the Arts in Bern, he's studying to see if and how music can change the flavor of his Emmental cheese.



Which Came First? Interestingly, in Europe, the color orange didn't have a name until the 16th century. Prior to that time it was simply called *yellow-red*. Before the word orange came into common use in English, saffron was sometimes used to describe the deep yellow-orange color. This changed when orange trees were brought to Europe from Asia by Portuguese merchants. The color was then named after the ripe fruit, which carries through many different languages. Orange is *naranja* in Spanish, *arancia* in Italian, and *laranja* in Portuguese. The color orange got its name from the fruit first, not the other way around. Before it got its current name, the Europeans simply called it Yellow-Red.

Groovy: There are 118 ridges on the side of a dime, 119 ridges on a quarter, 150 on the side of a half dollar, and 198 on a dollar coin.



Some Singers don't just sing for a living: Barry Manilow created a few "jingles that we still know today. Here's a look back on Manilow's biggest commercial jingles.

State Farm: "Like a Good Neighbor"

Band-Aid: "Stuck on Band-Aid"

KFC: "Grab a Bucket of Chicken"

Pepsi: "Feelin' Free"

McDonald's: "You Deserve a

Break Today"

BE SAFE AND HAVE A HAPPY HALLOWEEN

FUN & GAMES

Identify the Candy: There is a clue for each candy. If you need a little help, look at the pictures on the next page.

1. I'm multi colored and kind of dorky
2. Anise straw
3. Tri pyramid
4. I can come in Wasabi, Green Tea, Cheese, Cucumber, and Corn flavors....Give me a break
5. I'm a mound who found an almond
6. My cousins are green, snapped, and French cut
7. When you find that life has bumps along the way
8. I'm not round but think planet
9. I have a town
10. Think stars, lots of them
11. I can't remember
12. When you eat me I do not make this noise
13. Think men and swords
14. I'm not round like a baseball, but for some reason I'm associated with baseball
15. When you are eating movie theater popcorn you think about me

