

RESIDENTS OF THE MONTH

East Campus

Nominator states: Mr. Oppelt has quietly run a very good program. He has maintained clear conduct throughout his stay and has also stayed in compliance with his CD Treatment Agreement with his assigned LAC. He is paying on his restitution and fines from Cascade county and makes no complaints about having to do so. In fact Mr. Oppelt rarely if ever complains about anything that he is asked to do and is always willing to lend a helping hand. Mr. Oppelt has earned four positive incident reports during his stay. He has been recognized by the Compliance Officer staff on East Campus for complete tasks without having to be asked by them to do so. He is always positive, cheerful and encouraging to be around. He is in phase four of his program and is a member of the Center's Honor's Program.



Richard Oppelt

Women's Center

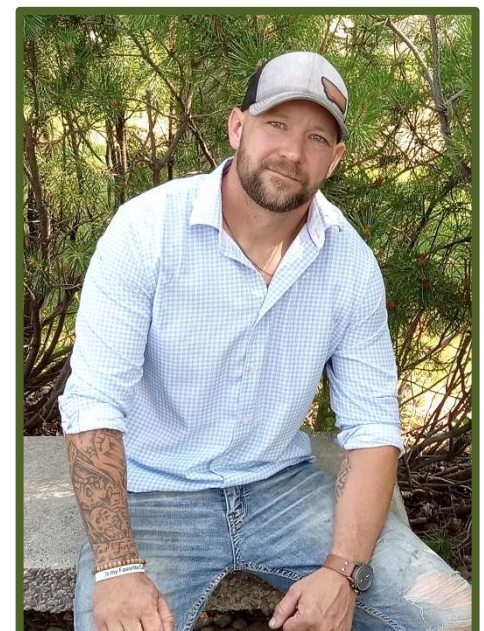


Erin Seidler

Nominator states: Erin Seidler has done a great job in her program. She arrived as an Inmate Worker and has been here 378 days. As an Inmate Worker she was very helpful in the kitchen. Staff Cook Dawn Pierce states she did well and she offered to do all she can to help out with a positive attitude. Ms. Pierce says she was very pleased to have her to work with. She has also done a great job as a resident. She maintained her positive attitude. She has dealt with issues in her personal life and keeps moving forward. She shows respect to others and is a member of the Honors Program.

West Campus

Nominator states: Resident Peck has been in the VRP for 161 days and is in Phase III. He has received no write ups and has earned two positive Incident reports for assisting staff when needed. He has successfully completed MRT, Seeking Safety and Thinking for Good. Additionally, he attends weekly AA/NA groups and conducts individual counseling at the Great Falls Vet Center of his own choosing. He has demonstrated his natural leadership skill among his peers by assisting new arrivals with schedules, bus routes and his solid grasp of class topics. Mr. Peck set an example for all to emulate.



Stephen Peck

Can Medicaid find you?

SANDRA'S CORNER

When your application for Medicaid was created, you most likely were not in the prerelease at the time of submission and were unemployed. It will be very important for you to know and keep your log-in information and case number to work with DPHHS. If Medicaid cannot reach you to re-determine your eligibility for assistance, you face losing your medical coverage. Use the link below to update your contact information so this does not happen if you are still eligible to participate in the program.



Sandra Bearchum

<https://mt.accessgov.com/dphhs/Forms/Page/medicaid/changeofaddress/>

Kenneth (Junior) Simons – Honors Member

By Brenda Demers



From the little I know about Kenneth Simons, I have observed that he is quiet and calm, and he is not afraid to do physical labor. He told me that in his circle he is known by the name of Junior because his dad's name was Kenneth too. Kenneth said he loves being outdoors - camping and fishing. And the #1 thing he really likes doing in life is detailing cars. As for his personality, he said he keeps his walls up and commented. "When you start to trust someone, something always happens."

Kenneth grew up in Austin, Texas. His grandma raised him until she could no longer control him. The foster care system took over, and he went to "lots of different homes." Kenneth said he knew that nobody wanted him. He added, "I didn't have a childhood. I did stuff I shouldn't have had to do to put a roof over my head. I supported the whole family." He said he would love to start over, but if he went back he wouldn't have the four kids he has. And with a big smile, Kenneth told me he recently remarried his wife.

In Kenneth's 38 years of life, he said he's done 23 plus of those years behind bars. He said his old attitude was that he didn't want to do something unless he was high. "I feel I have straightened up; otherwise I wouldn't be here. **If I can change, anybody can change, really. I'm not a bad person, I just made bad choices.**"

Kenneth shared with me an incident in Texas where he was beaten by a baseball bat. He showed me the giant hole in his ear canal. The doctors put him in an induced coma for six months until the swelling subsided. No doubt, that event forever changed Kenneth's life in numerous ways.

Kenneth (Junior) Simons – Honors Member - continued

By Brenda Demers

Kenneth said he didn't know about the Honors program until his CTS encouraged him to apply. He had some stumbles when he first got here, but he worked his way through those issues and has been on the straight and narrow ever since. Kenneth has proven himself worthy of Honors, earning positive comments from staff at the center that work with him.

He tends to keep a positive attitude regardless of how tired he is or how disappointed he might be. He is agreeable with his programming and is not a management concern.

He is polite and respectful.

He shares his struggles with honesty and is finding ways to improve his life.

I asked Kenneth what the trick is to getting through this program. His answer was simple, "Follow the rules; do your program. It's the only way you are going to succeed." Kenneth said, "I'm not going to be tempted, and there are lots of opportunities here. A lot of people have tried to get me to do something. I just shut them out. I'm trying to be proactive. I'm staying positive. I will ask people to leave if they are doing drugs. When it comes to anything that can put me behind bars, I shut it down. **I think you sleep more comfortably knowing you are doing the right thing.**"

Here is a great example of who Kenneth is: He found a fellow resident that had overdosed in the restroom here at the center. He not only rushed to get help, but he also took on the unpleasant task of cleaning up the bodily fluids left behind. In his Honors application, Kenneth stated, "I do what is expected of me, I follow the rules, I stay to myself but do try to help the new guys if I can so they don't feel alone when they first get to the center."

Kenneth is a hard worker, and he is dependable. He stepped up to being a team trainer at his job and is making his way to manager. He stated, "I am a very dedicated, hard worker and I love to work if I have a job."

We are proud of you, Kenneth, and wish you the very best!

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.

Think about This

By Robert Devin Braulick



Imagine if you were on your death bed and all the dreams, talents, and ideas were staring you in the face with angry eyes, and they said, “Only you could have given us life, and now we must die with you.”

I ask you – what dreams, what ideas, what talents and leadership will die with you?

Decision is the father and the mother of all action. Here’s the truth: Nobody is going to believe in you until you’ve already done it. The work is going to come before the belief, which means you are going to have to work for a long freaking time, by yourself with no applause and no awards. Nobody believes in you because you haven’t done anything yet.

What if you lived your whole life only to discover that it was wrong!? That you were chosen to do something else . . . And you didn’t do it? Meaning comes from working on something.

I think a lot about going on a hike. Ironically, the purpose of going on a hike isn’t to get to the top, it’s being on the trail. It’s not the destination that creates or withholds the dream, it’s the journey.

It’s not what happens that determines your future, what happens, happens to us all. It’s not what happens, it’s what you do about it. You don’t know how much future you have left. Most people spend their time focusing on the past. What’s gone is gone. To spend your time focusing on the past is to waste the only thing you’ve got, which is right here.

The traits that make you strange are the gifts that make you special. They can hate it, but they can’t dominate it. It’s not always about the accomplishment, it’s about the effort!!!

I wish I could tell you that the load you carry will get lighter . . . But it won’t. If Plan A doesn’t work, there are other letters in the alphabet. There may be a million reasons why you shouldn’t chase your dreams, but that doesn’t mean that you shouldn’t risk it all.

Believe in your capacity for greatness. Your dreams are whispering in your ear today. They’re taunting you. “Catch me if you can,” they say. Are you going to chase ‘em ? Or let them get away?

Discipline only sounds hard when you don’t want the reward bad enough. You can either stay in bed with your dreams, or you can get up and chase them!!!

Crack the ground and keep on moving!

Day One orOne Day?? You decide!!!

P.S. Everything you went through also had to go through you.

Powerlifting Champ



Congratulations to our
Education Coordinator, Allen Heisler!

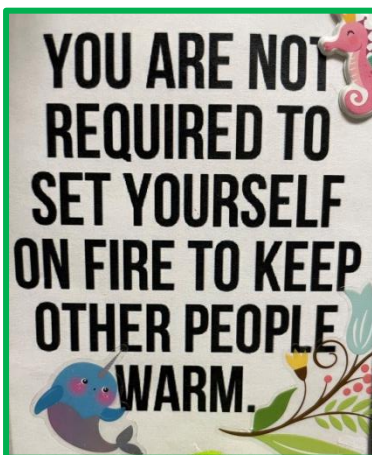
Allen competed in the USPA Powerlifting meet in Bozeman on June 3rd and set a national bench press record in the master division with 475 lbs.

He then competed in Ronan on June 18th and set another national bench press record for the master division with 480 lbs.

He also set a national deadlift record in the master division with 573 lbs.



Nurse Heidi Hunter's 1966 Cadillac Deville she inherited from her father. It looks just like Boss Hogg's car in the popular Duke's of Hazzard TV show and when you honk the horn it plays / *Wish I was in Dixie*.



Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.

—Oprah Winfrey

Submitted by Robin Castle

Red Flags That Show Up After You're Already Invested In A Toxic Relationship

They usually hit around month four.

By **Ossiana Tepfenhart** for yourtango.com



When we first begin to date, we're always on the lookout for red flags and deal-breakers. After month two or three, we begin to trust them and feel confident in our decision to be with them.

Unfortunately, it's often after the initial courtship

period that the worst red flags actually begin to show. If you notice these warning signs of a toxic relationship, it's probably for the best that you leave before your relationship gets worse.

They come up with reasons to not do work.

When you first began dating, they kept a good home, had a job, and also knew how to do laundry. One year in and they suddenly don't have the knowledge to do laundry, refuse to keep or get a job because they're "tired," and their home looks like a bomb went off in it. Believe it or not, this is scarily common. They will promise to work on things, but then nothing ever comes of it. If the partner gets annoyed, they will flip out and guilt-trip the other.

They try to wear you down on non-negotiable issues.

There are things that are just not negotiable in relationships, such as your position on kids. There are also certain boundaries that healthy relationships don't cross. If you notice that they keep trying to negotiate, argue or otherwise get you to give in on these things, it's a huge red flag. It signals that they don't respect your decisions, opinions or boundaries. It's also a good sign that they are trying to control you.

They isolate you from your friends and family.

This is a red flag that most people don't realize until they're really deep into a toxic relationship. Most partners who are abusive will isolate their victims as the first step in keeping them locked down, and it's almost always a gradual thing.

They have an anger problem.

Most people don't see the angry side of their significant other until they're well-established as a couple. This isn't necessarily good, because you don't really know a person until you see how they handle their anger. If your first argument or example of him being angry was an explosive display of rage, you need to back out of the relationship, and fast. There's no saying that they won't turn that anger against you one of these days.

They lie about their past.

When you're dating someone, you'll soon begin to hear stories about their past, things about their job, and other important details of their life. When you're dating someone who's honest with you, things will add up. If you begin noticing little details of their story changing or can't help but notice a lack of evidence, there's a good sign they're hiding something.

They say and do two different things.

This is a red flag that becomes apparent only after you two have had discussions about things that need to improve in the relationship. A good relationship partner will follow through on their actions, rather than offer you more empty promises about fixing it later. Actions speak much louder than words, so don't ignore this bad sign.



Robin Castle

Licensed Clinical Professional Counselor

455-9333 robin@gfprc.org

Red Flags That Show Up After You're Already Invested In A Toxic Relationship - continued

They pull a "bait and switch."

At the start of the relationship, they were super-generous. Slowly but surely, they began to nickle-and-dime you. Now, you're paying all his bills. Congrats! You've been dealt a bait and switch by your partner. If you notice them dangling something that you want in front of you as a way to make you do things, you're dealing with a serious red flag.

They talk badly about you to their friends.

Usually, it takes a while for people to find out when someone's talking ill of them, especially if they're in a relationship with that person. If you find out they are ridiculing you to their friends, constantly complaining about you to their mom, or even posting unbecoming things about you online, it's time to break up.

They invade your privacy or go through your things.

If you find out that they read your diary, installed a keylogger on your computer, or put a tracker on your phone, this is an extremely bad sign. One, it shows they really doesn't trust you. Two, it shows no respect for privacy or healthy boundaries. Three, they're a controlling stalker type of partner.

They have mommy or daddy issues.

There's nothing wrong with a partner who has a healthy relationship with their parent. There is, however, a problem with those who can't live without their help and can't establish boundaries. You will be expected to play mommy or daddy, you will be second fiddle, and nothing will ever be good enough compared to their parent.

Their finances just don't add up.

You know they work in a lucrative job, but they're always broke. Something isn't adding up. Where is all the money going? Moreover, why aren't they being honest with you?

They try to "fix," "train," or "improve" you.

You're not broken. You aren't a puppy that needs to be trained; you're a perfectly functional adult who doesn't need to be improved. If they keep talking about improving you or lecture you "for your own good," they're not a good partner. This shows they are manipulative, controlling and potentially abusive.

They are spineless.

Do they have the ability to actually say what's on their mind? Is their idea of disagreeing, pouting? This is a red flag that some people don't pick up on for a while. You need a partner who has a spine and is able to confront issues head-on. Otherwise, you'll be stuck with an aggravatingly passive-aggressive jerk.

You don't recognize yourself anymore.

You should never stay with a partner who makes you lose the person you originally were — or worse, turns you into someone that you hate.

Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either.

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right.



New Staff

We'd like to welcome new Compliance Officers, **Alexis Meyers**, **Meghan Chapman**, and **Morgan Ockey**, along with new Correctional Treatment Specialists **Latoya Matus** and **Jillian Sanchez**. Latoya, Alexis, and Morgan were willing to share a little about themselves in this month's issue.



Latoya Matus

I'm a former State of Florida Corrections Officer. I have a bachelor and associate degree in Criminal Justice. I'm a Navy veteran. I like fishing, reading in a quiet place, and playing video games. My goal is to go to law school and practice family law. I also use to teach CPR and may be starting again soon. I just started learning horseback riding.

BOUNDARY

Be aware
Of what is
Unacceptable and
Normalize saying NO.
Do what is best for you
And know that it is not your
Responsibility to sacrifice
Yourself for others.

Submitted by **Robin Castle**

Alexis Meyers shared that she loves animals, her sign is Cancer, and she is happy to work here.

I grew up in Helena and moved here with my fiancé, our two cats and his dog. I have always been part of the performing arts. I did dance for 6 years, and then switched to theater. I've also spent years doing art in all different mediums. My current favorite is painting, specifically spray painting. I have quite the collection of big pieces of wood that I've worked on. One of my favorite works is a space scene. Growing up, my mom and I would watch shows like *NCIS* and *Bones*. I have always had a love for true crime, and because I also love helping people, what better place than to work here.



Morgan Ockey

The reality is that you will grieve forever. You will not "get over" the loss of a loved one; you will learn to live with it. You will heal, and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to." –Elisabeth Kubler-Ross

Submitted by **Robin Castle**

Ron Hearn - Honors Member



Welcome to new Honors member Ron Hearn, who is finding success by keeping it simple and keeping it focused. Ron came back to the center after a few missteps, but now he said, “My program is a lot stronger this time”. Why? “My attitude.”

Ron certainly does have an enviable ability to roll with the punches. He takes on life with his one-of-a-kind smile and a “yup”. When that smile appears, we know that Ron has it under control, and if not, he will soon get it back together. However, to be clear, Ron’s “happy go lucky” (as he puts it) approach to life is not to indicate any weakness. He is very aware of everything going on around him and chooses to pick his battles carefully. His freedom is at stake and no one or nothing is going to take that away. Not this time. Ron is going to get back to his life.

Ron’s formula for running a strong program means being true to who he is. Ron is so completely himself, good with who he is and good with letting others be who they are. He feels no need to venture outside his carefully chosen circle of friends. As he put it, “This is the best way to stay out of the drama and be good.” Being good, as in following the rules, and being good as in being good with being himself. Ron projects confidence and happiness in who he is. He is also a realist. **“I put myself here and I’m gonna have to get myself out.”**

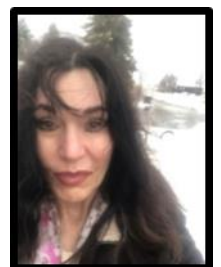
One way Ron keeps himself centered and moving forward is his skill at beading. Ron creates amazing bead works -intricate and precise. He explained that he first draws out the design on his draft paper, colors it in and then sets to work, paying close attention to the pattern. Ron’s hobby of beading serves multiple functions. Not only does he have a tangible work of art, but beading is also a way to self-regulate emotions. He explained, “I take it out on the beading when I get frustrated. Then, after a short time, I get over it.”

Ron does recommend finding a hobby as a great way to stay stable. “It’s good to have a hobby here and it helps to keep you out of trouble.” When asked how a person would find a hobby that they can connect with, Ron recommended trying different things and being curious. “Look around. Find someone who is working on a project that you might find interesting and learn from them.”

In addition to his beading, Ron is looking forward to getting back in his groove of being a back yard mechanic. Working on vehicles is another way Ron keeps it together, by doing what he loves to do.

His family will be there for him, and Ron’s mom serves as support as well as a gatekeeper. His mom’s radar, “warns me about friends she doesn’t like”, as well as encourages him to stay busy in a productive sense. While Ron has definitely been given enough rope to hang himself at various points in his life, his mom will always provide love and care, knowing he will find a way to get his life back on track.

With his release date coming up, Ron is apartment searching and starting to let himself look forward to the joys of freedom. A huge joy will be back to riding his motorcycle. And his dream road trip? Well, there is only one place, and that of course is Sturgis.



NEWS BY SHEENA JARVEY

Ron Hearn - Honors Member – continued

By Sheena Jarvey

Like all who find success in their program, Ron relies on the solid and time tested advice of “run your own program.” This does not mean, however, turning away from those needing assistance. Ron does reach out and is always on the lookout for new residents who need guidance getting their program off to a good start. Ron also noted that a good attitude is everything and offered this advice:

“Get a good job and stick to yourself, keeping only a small friend circle. If you act like an idiot, then that’s obviously going to produce bad results. You will get out of your program what you put into it.”

Ron has put his focus, his determination, his pleasant and fun personality and great attitude wholeheartedly into his program, and he is seeing the rewards. He is real and genuine, and he takes pride in his accomplishments. Then he slowly flashes that unique smile, full of happiness when he thinks of his life just waiting ahead.

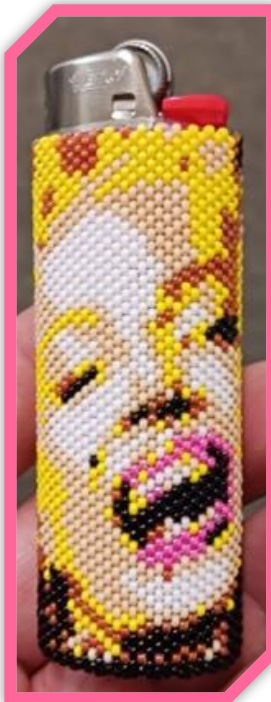
We are so proud of Ron and wish him and his family all the best.



When you're in a dark place and feel like you have been buried, just know that you've only been planted! It's time to grow.



Submitted by Devin Braulick



Too many of us are planning to get out instead of planning to stay out.

-Wade Wright

Alluvion Health Care Services at the Great Falls Pre-Release

Alluvion Health Services will be coming into the center on the following dates and times.



They will offer free testing for HIV and Hepatitis. Immunizations are also offered.

All services are optional and voluntary.

If you are interested in any of these services or want to discuss related health care needs with the nurses, please stop by. If these times don't work for you, you can contact Alluvion Health by phoning 406-454-6973 or go to www.alluvionhealth.org.

Month of July

1st week, Thursday, **July 6, 2023, Women's Center** in the morning (8-10 AM)

2nd week, Thursday, **July 13, 2023, West Campus** in the morning (8-10 AM)

3rd week, Thursday, **July 20, 2023, East Campus** in the morning (8-10 AM)

Month of August

1st week, Wednesday, **August 2, 2023, Women's Center** in the afternoon (1-3 PM)

2nd week, Wednesday, **August 9, 2023, West Campus** in the afternoon (1-3 PM)

3rd week, Wednesday, **August 16, 2023, East Campus** in the afternoon (1-3 PM)

Month of September

1st week, Thursday, **September 7, 2023, Women's Center** in the evening (3:30-5:30 PM)

2nd week, Thursday, **September 14, 2023, West Campus** in the evening (3:30-5:30 PM)

3rd week, Thursday, **September 21, 2023, East Campus** in the evening (3:30-5:30 PM)

For the remainder of the year (Oct, Nov, Dec) we will follow the same schedule as July, Aug, Sept.



Devon Morris pictured with **Richard Sangret**, who likes to dress for success.



Jamel Scott has a talent for cutting hair, pictured with **Joe Couture**

Education Center Schedule for the Month of July 2023

Special Note: The Education Coordinator will be out of the office 7/19 – 7/21 and again from 7/26 – 7/28. Please schedule appointments and computer learning accordingly.

Monday 7/17:

Ed. Center Hours 1030 – 1200 and 1300 – 1700
Women's Center Ed. Appointments 0830 - 1000

Tuesday 7/18:

Ed. Center Hours 1030 – 1200 and 1300 – 1700
Staff Meeting 0930 - 1030

Wednesday 7/19 – Friday 7/21:

Ed. Center Closed

Monday 7/24:

Ed. Center Hours 1030 – 1200 and 1300 - 1700
East Campus Ed. Appointments 0830 - 1000

Tuesday 7/25:

Ed. Center Hours 0800 -1200 and 1300 - 1700

Wednesday 7/26 – Friday 7/28

Ed. Center Closed

Monday 7/31:

Ed. Center Hours 0800 – 1200 and 1300 – 1700

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.

By Allen Heisler,
Education Coordinator



Great opportunities to help others seldom come, but small ones surround us every day.

–Sally Koch

Questions of the Month

What is the best vacation you ever had?



Allen Heisler: Any day(s) not spent working

Brett Blasdell: Paris (twice)

Brian Dolatta: Hunting and fishing on the Yukon in Alaska

Christy Atakenu: To the Oregon coast hiking and

playing on the beach



David Hadcock: 2021 – Rode my Harley to Boise over Lolo Pass

Gail Orchowski: Caribbean Cruises (Belize, Costa Maya, Cancun, Honduras, etc.)

Jim Kist: In July when my wife and I go to Las Vegas

Joe Marten: The one I just went on with Cody to Arizona to see the MLB game

Joshua Ovitt: Panama City Vacation – 2002 Spring Break



Kayla Williams: Trips with my family to Gatlinburg, TN

Keith Davies: Mount Rushmore

Pete Gammill: Belize Jungle Zip Line tour, snorkeling in Honduras

Ray McClelland: The only vacations I've really ever had were to Texas. However, I have been to 45 states and 15 countries while I was in the Navy.

Robin Castle: 4th of July annual family vacation at our cabin @ Seeley Lake

Rodney PlentyHawk, Jr: Las Vegas, Nevada

Ryan Baier: I drove the Pacific Coast Highway in June of 2020 visiting every beach I could – Cannon, Sunset, Rockaway, and Gold Beach, stopping in Crescent City, California.



Questions of the Month

What is your dream vacation?

Allen Heisler: Hawaii (2025)

Brett Blasdel: Canoe the Amazon fishing for Piranha

Brian Dolatta: To travel and explore the outback in Australia

Christy Atakenu: Trip to Belize or Costa Rica or back to Europe

David Hadcock: Riding a motorcycle around Ireland

Jim Kist: To go hiking in Ireland

Joe Marten: Brazil



Joshua Ovitt: Warren Zeiders and Zach Bryan Concert. Alaska Deep Sea Fishing.

Kayla Williams: Visit the pyramids in Egypt

Keith Davies: Alaska

Pete Gammill: Australia



Ray McClelland: My dream vacation would have to be going to Japan or France. Places in France I would like to go to is Normandy, Versailles Hall of Mirrors, and Verdun.

Robin Castle: Go back to Europe for a month

Rodney PlentyHawk, Jr: Paris, France

Ryan Baier: To visit Patagonia for the rock climbing



JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER

I DIDN'T KNOW THAT



Jeff Barnhart

Blame it on the Romans

Why is a nautical mile different from a statute mile?

Queen Elizabeth I established the statute mile as 5,280 feet (1,609 meters). This measure, based on walking distance, originated by the Romans, who designated 1,000 paces as a land mile. The nautical mile is not based on human locomotion, but on the circumference of the Earth. In 1954 the United States adopted the international nautical mile of 1,852 meters or 6,076 feet. It is the length on the Earth's surface of one minute of arc.

1 nautical mile = 1,1508 statute miles

1 statute mile = 0.868976 nautical mile

Why is the width of our railroad tracks 4'8" ½?

This is a little like chasing a rabbit. The U.S. standard railroad gauge (distance between the rails) is four feet, eight and a half inches. That's an exceedingly odd number. Why was that gauge used? Because that's the way they built them in England, and English expatriates built the U.S. railroads. Why did the English people build them like that? Because the first rail lines were built by the same people who built the prairailroad tramways, and that's the gauge they used. Why did 'they' use that gauge then? Because the people who built the tramways used the same jigs and tools that they used for building wagons, which used that wheel spacing. Why did the wagons use that odd wheel spacing? Well, if they tried to use any other spacing the wagons would break on some of the old, long-distance roads, because that's the spacing of the old wheel ruts. So who built these old rutted roads? The first long-distance roads in Europe were built by Imperial Rome for the benefit of its legions. The roads have been used ever since. And the ruts? Roman war chariots made the initial ruts, which everyone else had to match for fear of destroying their wagons. Since the chariots were made for or by Imperial Rome, they were all alike in the matter of wheel spacing. Thus, the standard U.S. railroad gauge of four feet, eight and a half inches derives from the specification for an Imperial Roman army war chariot. Specs and bureaucracies live forever. So the next time you are handed a specification and wonder what horse's ass came up with it, you may be exactly right. Because the Imperial **Roman chariots were made to be just wide enough to accommodate the back ends of two warhorses.**



Concrete

Opus caementicium (Roman concrete) was made from quicklime, pozzolana and an aggregate of pumice. Its widespread use in many Roman structures was a key part of what is now known as the Roman Architectural Revolution. Although concrete was used for many things (roads included), one of the most impressive applications was the construction of the 4535 metric ton, 21 foot (6.4 metre) thick dome at the

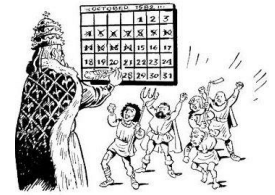
Pantheon in Rome, which can still be visited. Although a derivative of concrete was used centuries before the Romans refined it up to and including making it waterproof when they built substantial harbors and slipways for the Roman fleet.

JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER - continued

The calendar

Without the Romans we wouldn't even know what month it was, let alone day. Well, maybe you would but they would be called something different, and there might be less of them. The Julian calendar, introduced by Julius Caesar in 46 BC, was a reform of the Roman calendar, taking effect shortly after the Roman conquest of Egypt.

The Julian calendar split the year for the first time into 365 days, divided into 12 months, with a leap day added to February every four years. It was revised in 1582 to the Gregorian calendar (in use today) which is actually only 0.002% more accurate.



Flushing toilets and sewers



In Rome, large pots were often left on street corners for people to urinate into so that the liquid could be collected and used in the tanning of animal hides and in cleaning (no, really). In some multi-story dwellings a system of pipes channeled waste down to ground level where the Night Soil Men could collect it and take it to be used as fertilizer. Roman public toilets were rather more sophisticated, though admittedly not nearly so useful for industries hoping to capitalize on freely available human waste.

Ancient Roman public bathrooms consisted of long stone benches with holes every few feet for people to seat themselves over. Beneath the toilets flowed a system of plumbing that rivalled modern day cities; constant running water flushed away the waste into an enormous sewage system called the Cloaca Maxima (Great Drain).

This system was made possible by several aqueducts (another Roman innovation, of course) that flowed into the city, giving its citizens a constant supply of fresh running water.

Advertising and Trademarks

The modern concepts of Public Relations, Marketing and Advertising can all trace their roots back to the Romans. Traders would advertise their wares with billboards and signs, while self-promotion was a major concern to the emperor, who proclaimed his military victories on his coins. Potters would often stamp their vessels with their name, a mark of quality.



I will give away a Roman coin to each of the three centers to be the first person who gets back to me with another invention coming from the Roman era.

BE SAFE AND HAVE A HAPPY JULY

FUN & GAMES

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