

RESIDENT Recognition

Editor's Note: This month I wanted to recognize residents that are inconspicuous, meaning those that are keeping such a low profile while running a great program, that they are hardly noticeable. The idea kind of backfired, because some residents just wanted to keep it that way and not be in the newsletter. It was nice to get this comment though: "I must admit that this is the first time I've been noticed.....for not being noticed, lol. I must be doing something right."

I know there are lots of residents here that are running a great program and don't get noticed, so I'd like to give a shout out to all of you that fit that description. The following are only a handful.

Robert Screws has been in the program 181 days. While he has been here he has received no IR's. He is currently working full time at Rocky Mountain Treatment center. At the same time, he is going to the Great Falls community college taking classes in counselling. When he leaves he wants to help people battle addiction like he did. He is also helping set up events at the New City Church and continues his faith there.



Destinee Hardesty is a very quiet resident who goes to work, does her programming/treatment, and follows the rules. She genuinely seems excited to have the opportunity to be at the GFPRC where she can start her new life.

Raymond Berry is very low key. He goes to work & does his chores without any problem. When you see him, which is very little, he always has a smile and a kind word or a funny story. He is a very kind person always with a smile.

Dwight Pierson is a model resident. He is polite, helpful, and always accommodating. He is also an outstanding employee. He has been given raises and promotions since starting at Jaker's a few months ago. He is proactive with his programming and remains astute with all Center and work assignments. Mr. Pierson is an outstanding individual and deserves to be recognized. Great Job!



I'd like to recognize **Wayne Oscar** for having the absolutely most beautiful schedules I have ever processed. They are always on time and words cannot describe how perfect they are. If only every resident could do a schedule like he does!



Brandon Lane is compliant with every aspect of his program. He works full time at Balanced Unitized and loves his job. He always has a positive attitude and is working hard to make positive changes in his life.

RESIDENT Recognition

Melvin HeavyGun goes about his program quietly and efficiently. He always has a positive and a can-do attitude when it comes to his program. He keeps to himself but is also willing to lend a hand to anyone who needs it.

Tara Littlelight has run a great program thus far and all she does is work, work, work, she is always unproblematic. She minds her own business, she keeps to herself, and she gets along well with others. She is set to release here shortly and although she was hoping for an interstate compact to go be with her family, she is now seeking out a sober living facility in order to continue her journey onward in getting to meet her family.



Ernest Reynolds is very polite, respectful, and holds the door open for people. If he doesn't understand something, he asks. He will ask if it's okay to do something he is unsure about before he does it.

George Rides at the Door is running a great program. He started as an Inmate Worker and moved to resident in May. He started his programming as an Inmate Worker and is ahead of schedule. His employer has nothing but good things to say and appreciates all his hard work. He's setting himself up for success when he releases in November.

When you see **Dominik Propp**, he always has a smile and a kind word. You don't see him much. He keeps to himself, but is always willing to talk to you if you take the time.



Michael LeClair is very much a gentleman. He is polite, honest and forthcoming. At first he was a bit guarded, but he has come out of that and has become grounded. When I ask him for things he does it right away and I don't have to chase him around.

Aspen NewBreast does her program with no complaints. She goes to work and comes back with such a bright attitude, always asking how everyone is doing, and always carrying a smile on her face! She continues to walk this program with positivity, gratitude and patience! We hope she continues this outside of here as it makes a huge difference seeing this great behavior! She's done a great program!



Cedric Campbell is always on time and is very respectful. He's getting ready to release and has worked a really strong program. Ever since the start he has been consistent and always on top of it. He has had zero resistance toward getting better.

My Discovery of OTC Canned Oxygen

By Brenda Demers with a lot of help from the internet

I will admit I live a bit of a sheltered life. Recently, when I was inside a convenience store, cans of oxygen caught my eye, and my jaw dropped. I thought it was a new thing, but apparently canned O₂ has been on store shelves for years. When the pandemic hit, it really became popular. I was in too much shock to buy a can, but I did want to do a Google search about it. I always thought some good deep breaths did the trick to help with headaches, dizziness, or tiredness. Anyway, here is some info I found on the internet.



Boost Oxygen CEO Robert Neuner (right) and Chief Operating Officer Mike Grice pitching their portable oxygen canister to “Shark Tank” investors.

Canned oxygen, also known as over-the-counter oxygen, is packaged oxygen that's purified and pressurized into a portable canister. It's often sold in gas stations, grocery stores, and gift

shops. Some say that canned oxygen can help with:

- Athletic performance: Canned oxygen can help enhance aerobic performance, increase endurance, and speed up recovery.
- Altitude sickness: Canned oxygen can help restore oxygen levels at high altitudes.
- Hangovers and jet lag: Canned oxygen can help maintain oxygen levels during long drives and when experiencing jet lag.
- Mental clarity: Canned oxygen can help increase focus and mental sharpness

Some say that it's more of a novelty than anything else and doesn't provide any benefits to the average person.

Here are some other things to consider about OTC canned oxygen:

FDA warning: The FDA has warned consumers against using OTC oxygen devices without a doctor's order.

Not a medical device: OTC canisters are not medical or prescription devices, and they shouldn't be used as a substitute for oxygen tanks or oxygen concentrators.

Unreliable oxygen supply: A study found that OTC oxygen devices don't reliably provide the same oxygen supply as FDA-approved devices or compressed gas oxygen tanks.

Can't control flow: OTC devices don't allow you to control the rate or flow of oxygen, so it's difficult to know how much oxygen you're dispensing with each squeeze of the trigger.

Thank you, CTS Dillon Lane for finding these options for housing for our residents.

Non-Violent Renters:

1. HHPM Apartments 406-319-3278
2. Aurora Apartment Homes 406-708-4900
3. Prime Rentals 406-430-2216

Prime rentals also have numbers for private renters who also rent to non-violent offenders



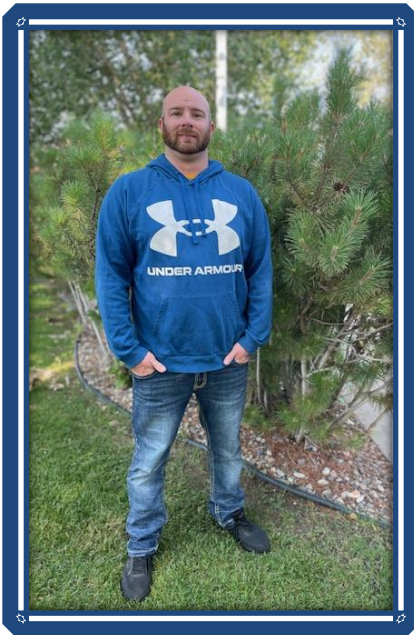
Violent Offender Renters:

1. Avenues Residential 406-449-1010
2. Centana Property Management 406-597-6626

Thank you, Education Coordinator Noel Walker for this great resource for both non-violent and violent offenders: They count drug addiction as a disability, so many of our residents will meet their qualifications.

**North Central Independent Living Services 406-452-9834
1120 25th Ave NE; Black Eagle MT 59414**

JAKE SOELTER - Honors Member

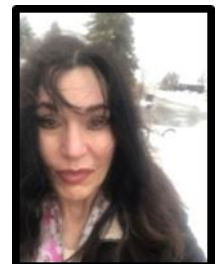


New Honors member Jake Soelter is ending his Center stay by running a strong program. He is looking forward to his release and family unification with his kids. During our interview, Jake made it clear that this family unification is his motivation to succeed. His role as a dad is pushing him forward and helping him redefine his strengths and goals.

As a teenager in Ohio, Jake racked up an extensive juvenile record. Hoping to turn things around, his family sent him to a small Montana town to live with his dad. New to the area, Jake hit the ground running and within a short amount of time had found like-minded individuals. Nine months into his Montana fresh start, Jake, just 17, got his first adult felony, which earned him a 5-year MSP sentence. After release he was older but still rebellious, and he was soon revoked on an assault charge. As he put it, he was just getting by. Still, he didn't want to change his ways. Giving a classic definition of defiance, Jake thought, "Why should I listen? I just wanted to do what I wanted, when I wanted."

Things cleared up for Jake around 2016 when it looked like he had actually put some things behind him and was putting down roots. He was a married man with 5 kids, working and buying a home in East Helena. Jake felt good about his family life and thought he had found the stability and reasons to care that had long eluded him.

But he was left reeling and blindsided when his wife didn't share his feelings about their marriage. She left, taking the kids. Jake's life imploded, "I fell apart. When she left and took our kids, I gave up." Jake was back at a place he thought he had left behind, but now things were even worse. In quick order he lost his job and began



NEWS BY SHEENA JARVEY

JAKE SOELTER - Honors Member - continued

By Sheena Jarvey

seriously drinking and using, plunging himself into a harsh active addiction. Multiple arrests soon followed. His pattern was repeating, only now he had more losses and was spending too much time locked up, doing the loop through the system, furthering his chances of long-term incarceration. "My bad life choices kept increasing."

It takes a lot to turn that around and the path of least resistance would be to continue on the slide. But Jake was able to clear his head enough to switch directions and begin to fight for his life. Why? "My kids. I will not give up because of my kids." The separation from his family was the event that almost destroyed him. The desire to be with his kids was now the overriding factor in Jake's new-found energy to succeed.

Jake is on a good path, finding his footing, and this time his success has more depth and purpose. He knows that time is precious and that his previous attitude of rebellion and carelessness is totally counter-productive as an adult whose goal is to have close ties with his children and family.

Jake now has many other good things in his life, giving him reasons to care and to keep improving. He is a manager at Dairy Queen, a job he takes pride in. He has been offered car sales jobs, which will happen after his release, when he can be more available to meet the demands of sales. His dad, a Vietnam veteran, comes to town monthly to have lunch and Jake stays in touch with other family, including his mom. Jake said a unique way his family bonds is to get together to fish at various places in the state. They exchange updates on their lives while sharing new experiences. Jake is looking forward to these fishing outings when he releases.

Jake also shared that he has a new girlfriend. He told me this is a very healthy relationship and I could see how happy this makes him. Jake said he and his girlfriend have similar interests. For example, they both like to read and they came up with the fun, creative idea to read the same book and then discuss, creating their own two-person book club.

Jake has pulled out of a long downward spiral, starting when he was young. What is ultimately moving him forward now is his own children. His goal is to be with his kids, and he won't stand in his own way any longer. The loops through the system won't stand in his way either because he has moved into a different place in his life. Jake still wants what he wants, but what Jake wants now is to be free, be happy and be a responsible and loving dad.

We are proud of Jake and wish him and his family happiness and success.

AMERICAN MEDICAL ASSOCIATION'S SUPPORT FOR DRUG DECRIMINALIZATION SHOULDN'T BE MISCONSTRUED

BY STUART GITLOW, MD, MPH,

For 30 years I've treated thousands of patients with the disease of addiction. My primary focus has been on patients with opioid use disorder, and, thankfully, there are effective and long-lasting forms of treatment available. Many individuals suffering from other chronic life-threatening illnesses are less lucky. If you told me that a treatment for diabetes was relatively inexpensive, easy to take, and works nearly all the time, my expectation would be that I would very rarely encounter someone with abnormal blood sugars. However, despite there being a treatment for opioid use disorder that is relatively inexpensive, easy to take, and works most of the time, the opioid-related death rate has been rising.

Robin Castle

Licensed Clinical Professional Counselor

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Your Mental Health |



AMA's Support for Drug Decriminalization- continued

Addiction is a brain disease that impacts 10 to 15 percent of the population. Individuals with the illness, at their baseline, are uncomfortable. They seek out a specific substance because it is perceived as the only way to address this discomfort. Figuring out how to get people into treatment is the key to reducing the mortality rate.

To promote greater access to drug treatment, the American Medical Association (AMA) recently put forward a new policy to support the elimination of criminal penalties for drug possession for personal use. Current drug policies, which label people who use certain drugs as criminals, lead to negative stereotypes, social isolation, and significant collateral harms, especially for people of color. Such policies can also stigmatize people to the point of extreme shame, leaving them little motivation to seek help.

Sadly, nearly all of my opioid-using patients are criminals under the law. Sometimes it is due to their behavior stemming from opioid use, while for others it is merely the use of substances – the direct product of their illness. Most have spent time in jail or prison. They are stigmatized by employers, landlords and others, often facing significant financial difficulties. This creates great emotional pain and severe obstacles to long-term well-being. It also leaves patients with difficulty accessing care, finding treatment, and living a problem-free life once they are in recovery.

Removing criminal sanctions against drug users does not mean there is no role for the criminal justice system. But it must be a different role. Many individuals with addiction end up in the criminal justice system for nondrug crimes because of their disease. Thus, it is important to create a strong partnership between public safety and public health. Everyone's journey to recovery looks different. For some, drug treatment courts, which incentivize recovery and encourage treatment, may be the best path. For others, drug treatment programs that are implemented during incarceration may have greater success. But simply criminalizing drug users helps no one.

It's important to note that not all decriminalization efforts are alike, and there are important distinctions that should be made. The AMA's policy position was careful to ensure that removal of criminal penalties does not take place in a vacuum. It recognizes the challenges faced in places like Oregon and British Columbia, like increased overdose rates and public disorder, followed their decriminalization policies. But those policies were not accompanied by increased accessibility to treatment.

This new policy position is not meant to downplay the costs of addiction to the family and wider community. Rather, it indicates that the-removal of criminal penalties should be a component of a larger set of related public health and legal reforms that include funding and facilitation of access to appropriate care, prevention, early intervention, treatment, harm reduction, and other supportive services, all based on individual needs and with availability in all communities.

Non-criminal sanctions remain important. and these could include driving restrictions/suspensions, restricting access to firearms, civil fines, and community service. It's widely understood that such sanctions can be important incentives to encourage individuals to seek treatment. Of course, without a fully funded and fully accessible treatment system, we cannot expect removing criminal penalties alone will lead people to treatment.

Barriers to care run deep and they are not necessarily easy to overcome. Primary care clinicians require training that would allow them to provide appropriate basic care. Increased availability and access to addiction specialist physicians is necessary. Clinicians should not feel at risk legally simply by virtue of their being a high prescriber of the controlled substances often necessary for the treatment of this patient population. Communities should be able to develop public support programs without fear of federal prosecution. These systems are not difficult to develop because they exist for other chronic conditions, but they must be replicated for this type of care.

A gradual/step-by step process in any policy change would be reasonable. Studying the outcome each step of the way and ensuring that adequate treatment availability is present ensures efficacy. Adjustment of various treatment aspects might be necessary; development of civil sanctions might be required, and alteration of existing laws with respect to treatment approaches is necessary. All of this could take place to various extents in different communities.

We need to celebrate and promote recovery from substance use disorders. Patients should not live their lives with the shadow of felonies looming over them just because they suffer from a particular disease. Just like patients with hypertension, patients with addiction should be able to access care, obtain treatment, get better, and live productive, healthy lives. Ensuring the alignment of public safety and public health systems is central to this goal.

DON FARRAR - Honors Member

By Brenda Demers



Don Farrar is at a place in his life where he can once again devote some of his time and talents to helping others. He went through a stage of being a single father of 4 children. He was a good dad - keeping up the household with all that goes with it – dishes, laundry, meals, appointments, school - but he was still young and the devil tugged at him to go have a little fun.

Don, himself, was raised by a single dad. He recalls, “It was hard not having a mom. . . Kids can be ignorant, ‘Where’s your mom? She must not want you.’ As I got older, the friends I hung out with were more mature and understood because their parents were divorced too.”

Don’s dad was a tow truck driver so Don often rode along. There was the luxury of his grandparents living next door, so he spent a lot of time with them. Don said they took him all over the U.S. where they visited family, thrift shops, national parks, and other historic sites. Don said he didn’t mind the car trips

because of all of the interesting things he was able to experience. He remembers being in Indiana and reading in the paper about Michael Jordan doing autographs in the mall. Guess what? He got the autograph! “I met Jerry Rice and Joe Montana at the Trees of Mystery in California and got their autographs. Going through Utah I saw Karl Malone bail out of a semi-truck, so I got his autograph.”

If you haven’t figured it out yet, Don is a sports fanatic. His dad played basketball on one of the first teams for Harlem that went to State. Don was on the 2002 team that won State for Class B basketball. Don is also a pool shark. He was part of the Montana Eagles State Champion pool group, the first all Native American team to achieve the title. The team played in the Phillips County League taking first place 10 years in a row. For 5 of those years they traveled to Las Vegas for the International Championships. “There were teams from all around the world. Out of 3,800 teams, the highest we placed was 68th and the lowest 134th. I will remember that experience forever.”

In addition to basketball and pool, Don likes working on cars and trucks, woodworking, and hunting and fishing. But what really sets Don apart is that he enjoys helping the elders in his Fort Belknap community -- store trips, doctor appointments, and getting them firewood. “I don’t talk to them that much; I just listen. Sometimes they feel like they are less valuable because they are older. It brings their spirits up to talk about their lives. You learn some interesting stuff. Some were war heroes and there were some bad things they had to get off their chest. I tell them war is war and you shouldn’t hold that against yourself; don’t think you’ve done anything wrong. It seems like some memories stick with them more. I listen and tell them I’m sorry they had to go through that.”

Don has a vision. “At one point I thought I didn’t want to go back, but I’ve decided I want to better myself in Great Falls and eventually go back to the Agency or Council and do some positive things for the community. Maybe build a senior center so the folks don’t have to travel to Havre. I’d also like to focus more on the youth. There is a rec center, but they need mentoring. Maybe a basketball program to keep them busy and out of trouble. If they had a team, they could learn trust and teamwork.”

DON FARRAR - Honors Member - continued

By Brenda Demers

Don said when he was in grade school, an older kid saw him and some other kids playing basketball and asked the parents if he could coach them. Don believes that's what gave them the edge to win the high school state championship. "We were taught to work together as a team and the trust was built." Don knows that people don't have to be buzzed to excel in sports. He related that it just takes practice and time to build your confidence.

The lesson we can learn from Don is that **listening and teamwork are essential to our success**. He gave an example of a new employee coming on board and presenting a different way of doing something. "At least give it a try and don't be a know it all."

Thank you, Don, for sharing your story and for caring about the elders and the young people in your community.

EDUCATION

In every culture, you have probably seen how much importance we place on two things: music and food. While not everyone sings or plays an instrument, everyone eats. Food is a massive part of our cultural identities: it is how we often show love, pass on stories and traditions, or even create new memories.

With that in mind, I would like to offer a huge thanks to the participants in the July Easy Money classes. Understanding that the main focus of the class is appreciating the value of living within our means, we collaboratively put together a recipe book that features meals and snacks that feed at least four people for \$15.99 and under. In this economy, that level of planning is quite an accomplishment. But, we are worth the work it takes to make a solid plan, even if that is simply a meal plan. Furthermore, with the way prices change, this endeavor might also be an interesting time capsule for what groceries cost in the summer of 2024, something we can look back on fondly as we remember when food was still sort of affordable.

So, if you find yourself enrolled in a future cohort of that class, be thinking of recipes you can contribute, be they family traditions, personal favorites, reliable standbys, or new creations. The kitchen staff here at Great Falls Pre-Release is looking for inspiration for future menus. This expression of your heritage could become a Center favorite.



Noël Walker
EDUCATION COORDINATOR



EASY MONEY COOKBOOK

4 for \$15:

Four-Serving Meals and Indulgences for \$15.99 or Less

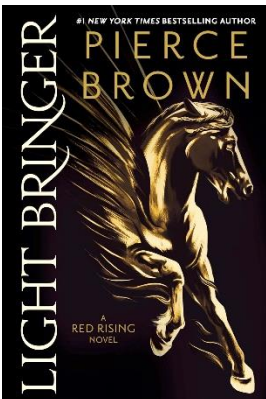
Compiled with Contributions from
Easy Money Classes, July 2024

EDUCATION

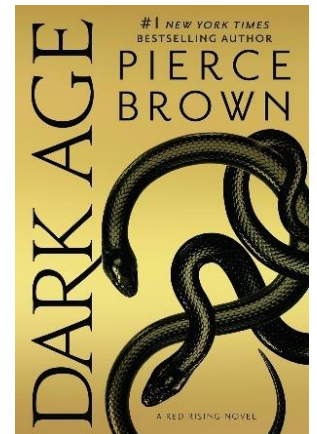


Congratulations to Tisa Brien for completing the structural welding course at Great Falls College MSU! Thank you, Noel, for guiding her towards her goal and attending her graduation. Tisa's counselor from Elkhorn, Kelcey Harriman made the trip to let Tisa know how proud she is of her.

Tisa with her Elkhorn Counselor, Kelcey Harriman



Calling all fans of the wildly popular *Red Rising* sci-fi series: *Book Five, Dark Age*, and *Book Six, Light Bringer*, are here! For those of you counting, that means that, until the release of *Book 7* which has yet to be announced, we have the complete series in house. If you haven't read the first 4 books but enjoy tales of overcoming huge odds, retribution, suspense, friendship, and betrayal, all set in backdrops as exotic as they are unforgiving, all I can say is: "Where have you been?"



Honors Member



Congratulations to Melvin HeavyGun for being accepted into the Honors Program!

Those that work with **Melvin HeavyGun** commented that he has done all that has been asked of him in an admirable fashion. He is honest and sincere. He never complains nor does he complicate his situation. He accepts responsibility for his actions and strives to improve himself.

Congratulations to **Derrick Williams** for being accepted into Honors! Keep an eye out for his profile in next month's edition.

CTS Heisler Does It Again

East Campus CTS **Allen Heisler** recently competed in the WABDL North American weightlifting championships in Lynwood Washington.

Allen took gold in the bench press, deadlift and overall total weight lifted in the men's Master Division. Allen also took top honors for being the best lifter by completing three out of four good lifts in the bench press, and completing all four attempts for good lifts during the deadlift session. Allen also smashed the current state records for his age and weight class.



Allen now holds over 60 records at the state, national, and world levels. Allen's next competition will be the ROGUE Iron Will games, where he plans to set another national record for the deadlift. This will be followed by the WABDL world championships in Las Vegas in November.

PRE-RELEASE PRESS
Editor: Brenda Demers



Residents: You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact **Brenda 455-9323** brenda@gfprc.org. Any suggestions are also appreciated.

A Well-Deserved Promotion

By Brenda Demers



Christopher Marez received some well-deserved news. He was promoted to manager at the up and coming Tony Roma's at the Holiday Inn. Along with the title and additional responsibility, he will receive a considerable raise and bonuses. Chris was a bit taken back, commenting, "I've never had anyone wanting to keep me."

Comments on *Trip Advisor* from people that interacted with Chris says it all. These direct quotes are just a few of the ongoing comments coming in:

The server Chris M. in the restaurant was EXTREMELY attentive.

Chris was professional and a great conversationalist.

Chris Marez at Great Falls Convention Center is the Best server ever!! He is kind, personal, and efficient!

Chris Marez looked after us the two nights we stayed he was very good and friendly and he wouldn't go home the first night until all his tables were finished.

Our waiter, Chris Marez, was friendly, attentive, and helpful. He made our experience here nothing short of exceptional!

Chris Marez was outstanding! He was a very talented, professional and attentive waiter. I never once had to get his attention.

Chris was friendly with the perfect level of attentiveness. He made sure my beverage was never empty and that I had everything I needed to enjoy my meal while never giving the feeling like he was hovering.

My waiter was Chris Marez and he was the most professional and charismatic guy that I have ever seen in the restaurant industry.

Chris Marez, our server was one of the best I have had in a very long time. He genuinely cared about my family and I. I was overall very impressed with him and his dedication to being diligent and hardworking.



And Dominic WINS the Football Award presented by Ray McClelland to the worker with the least amount of football knowledge. (This was rigged. Brenda should have been the winner.)

It is given to the co-worker who thinks Tom Brady is the GOAT when he never saw Joe Montana play.



Brandon Comes Last and Joe Wandler having fun playing Corn Hole

BRANDON TYLER ROBLES - Honors Member



Tyler Robles, new Honors member, is a high energy person, one who is not afraid to take risks. His dad taught him to skateboard as a kid and he has been doing it ever since. And yes, he has broken bones, which he dismissed with a cheerful wave, meaning it's all a part of the adventure. He has skateboarded in the major cities in Montana and describes the Great Falls Riverside Railyard Skatepark as one of the best. Tyler laughed when he described skateboarding as, "Flinging myself off of stuff, on a little piece of wood, for fun."

Tyler is a bartender by trade. With his ready smile and quick laugh, it's easy to see he was good at his job, which he worked in Butte, Helena and Missoula. He has a mixology certificate and enjoyed creating specialty drinks. The best part? "The people - it's fun".

As much as Tyler liked the job and the money, the problem with bartending is that -- it's bartending. A person is working around liquor, and people drinking, for hours at a time. Many bartenders opt for sobriety, but for others a few drinks during a shift can be seen as a part of the culture. Tyler took it way too far, however, and started drinking heavily on shift. Even when he wasn't at work, Tyler got to the point where the first thing he did in the morning was drink. He drank to get drunk and he drank all the time. He did "stupid stuff", giving up any pretense of being responsible. Everything became a reason to drink. Meanwhile, his depression worsened.

Like a lot of outwardly cheerful people, Tyler said he has struggled with depression for as long as he can remember. Alcohol and depression are a toxic mix. Tyler continued on his downward spiral, circling the point where his life could fall apart, and then it did. He gave up. He reached a point where, "The alcohol took it all away."

When a skateboarder falls, they get back up and keep skating. Tyler had fallen hard, but there was only one way forward and he went for it. Tyler chose to fight his way out of his addiction, and into recovery, stating, "I had to learn my lesson." He continued, "I'm glad alcohol took it all away because I'll never go back to it." In a complete reversal of his previous mind set, Tyler now sees, "There is no reason for me to drink".

In his new road of recovery, Tyler is making every effort to reclaim his life. He still has a love of skateboarding and his skateboard community. Being realistic about the dangers of sinking back into depression, Tyler is on his depression meds and said, "They help. A lot."

Tyler also stated that he is living the Dad Life, and doing it the best he can long distance. He talks to his children every day and his bonds with his kids will only strengthen over time. He also is establishing good ties with his folks. Tyler looked content and at peace when summing up his family life: "It's nice." Another part of his life that is nice is his current job. He is the kitchen night manager at the Holiday Inn. He works hard, giving it his best. He is all about doing the difficult tasks of creating a smooth-running operation, making good use of his high energy levels. Working as much as he does is a positive way to fill his time and keep him in the right headspace.

Tyler has emerged in recovery with his determined, funny and relatable personality intact and his hopes on high. The risks he now will take will be throwing himself into his new journey of self-discovery. Dad Life, family, friends, music, his career, skateboarding, the right meds - he is finding a life of balance. He likes the Honors passes which give him more community time to relax and recharge. Being on extended stay status, this extra time for himself is a welcome part of his week.

BRANDON TYLER ROBLES - Honors Member - continued

By Sheena Jarvey

Spatial awareness is critical in skateboarding. Tricks that require split second timing need complete focus and confidence. Tyler is now using this focus, confidence and spatial awareness to fine tune his life. Every day he goes through an inventory of what to avoid and what to enhance. He is careful with his life choices. Tyler said that the Center program has been good for him and has allowed and encouraged him to continue growing in his sobriety and self-discovery. He wants to encourage others on their own positive journey. "Go for it. You can do it."

We are so proud of Tyler and wish him continued success.

A Drive to Succeed

By Brenda Demers

Alfredo "Freddy" Hernandez exhibits a driven personality. When I talked with him for this article, I found it difficult to keep up. He did have a lot on his mind though, as he had just hung up the phone from a court hearing. It was good news, and now Freddy is one step closer to his daughter being in a safe environment until he finishes the program and can provide a stable home and life for her.

Freddy grew up in Anthony, New Mexico, which borders El Paso, Texas and Mexico. Spanish was his first language and becoming bilingual happened naturally. Freddy grew up in a Mexican household with strict parents, which he is very thankful for. Freddy learned the value of hard work at a young age. At 16 he aspired to enter the corporate world and work for Google after graduation. Things took a turn in the other direction when what he thought was a joke turned into getting expelled from school. Thinking back, Freddy commented, "I'm happy it worked out the way it did."

Freddy worked in the oil fields until the price of oil plummeted, causing workers to be laid off. At that point he didn't have a GED or any other skills, so he set his mind to getting his GED. He attained his GED and was hired at a call center for a bank. It didn't take long for Freddy to come to the realization that he didn't like working inside. After some searching, Freddy discovered roofing. He started doing it by himself, and before long he was hiring people to work under him. Freddy's leadership and personality made his business successful. His mantra is, "If the people you are leading don't feel sure, you assure them of the end goal."

Freddy jumped at an opportunity to come to Montana to do roofing. The economy and the beauty of the mountains and lakes were enticing, and he still loves living here for those reasons.

Freddy is making the best of being at GFPRC where he is a foreman for a roofing company. "It's hard having to limit myself to start from the bottom of being an hourly employee with no tools and no bank account, but I have to keep moving to the next step...If I'm not doing anything, it doesn't feel right. If I stop working toward the next step, whether it be small or big, I get depressed. I'm not the type of person that likes to have fun and go fishing. I like to work. My dad is a tremendous worker so it is instilled in me through my DNA."

Freddy does acknowledge the downside to being a workaholic and will need to balance his work and family time. "It's important to have healthy relaxation time to wind down and sharpen the saw." Freddy's goal is to provide a stable home with a family-like setting for his daughter and his significant other.

Freddy shared some advice: "If your significant other is telling you not to do something and it's in good faith, look at yourself and say, 'Maybe I'm in the wrong and maybe she's right.'"



DRESS DOWN DAY

in Honor of Alan Scanlon's 22nd Anniversary at GFPRC



Alan Scanlon



Darrin Davenport



Rob Russin &
Brittany Engram



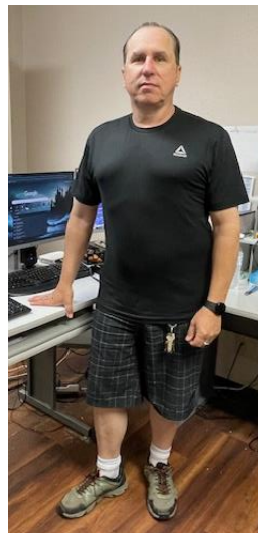
Bryce Bauer &
Carli Davis



Keith Davies &
Dave Van Hovel



Jim Kist



Mike "Techy" Sadowsky



Charlie Martin "I
don't do pictures."



Joe Marten
showed up
for dress
down day a
week early.
(lol)



Heath Reed



Anisa Messier

DRESS DOWN DAY

in Honor of Alan Scanlon's 22nd Anniversary at GFPRC



Toni Matt & Cheryl Hayes

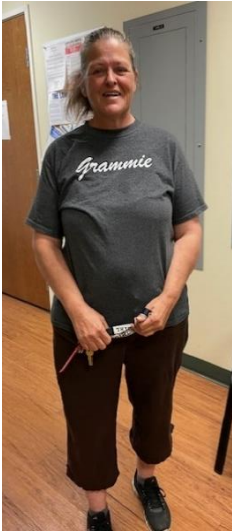


Ray McClelland



Dillon Lane

Brenda: "You're not dressed down."
Dillon: "But I'm wearing Crocks!"



Dawn Cooper



Casey Babinecz



Morgan Ockey & Kayla Williams



Jillian Sanchez, Shellie Babinecz, & Sonja Roberts



David Hancock
Brenda: "Can I take your picture for dress down day?"
David: "But I dress like this every day!"
(Oops!)



Brenda Demers
Sheena Jarvey
Noel Walker

JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



Jeff Barnhart
Facility Services Director

Fun Facts to Know!

Where does the nursery rhyme 'Rain, Rain, Go Away' come from?

Some historians have traced the nursery rhyme back to the reign of Queen Elizabeth I of England, more than 450 years ago.

During the Elizabethan era, there was a fierce rivalry between England and Spain, and the Spanish planned to invade England with an enormous fleet of ships. This fleet is called an Armada in Spanish.

In 1588, the Spanish set off with over 130 huge ships called galleons. Each galleon needed 2,000 oak trees to build, cost the equivalent of several million pounds, and needed a crew of more than 200 men. It was a huge investment for Spain.

The Armada soon came face-to-face with the English, who had faster ships. A terrible storm scattered the galleons and only 65 made it home. The rhyme remembers the fiasco of the Armada from the English point of view.

In fact, another version of the rhyme has a more direct allusion to the combat:

Rain rain go to Spain,

Fair weather come again.



AND THEN – ON A DARKER SIDE OF LIFE –

Where did Jack and Jill going up the hill derive from?

The most popular and probably most accurate explanation of the suggested meanings is that Jack was indeed Louis XVI, (16th) King of France, and Jill was his wife, Queen Marie Antoinette, who was famous for saying about the peasants “*If they won't eat bread, let them eat cake*”. Fresh bread was only available to the rich and the poor were left to eat stale bread. Upon news of their protest, the Queen announced that famous quote. The beginning of the end!

The nursery rhyme relates to the execution of the king and queen of France. Jack and Jill went up the hill and the steps to the guillotine represented the hill. Jack (King Louis) was the first to be beheaded, losing his crown; then Jill (Marie Antoinette's head) came tumbling after.

It's all so cute until you know the rest of the story

- Be safe -

Best would you rather questions

- Would you rather have an unlimited gift card to your favorite restaurant or favorite shop?
- Would you rather never see your best friend again or never speak to them ever again?
- Would you rather be rich or famous?
- Would you rather hop everywhere or skip everywhere?
- Would you rather have a unlimited supply of makeup and skincare from your favorite brands, or own your own home by age 30?
- Would you rather become friends with your celebrity crush or go on one date with them?
- Would you rather never have to commute to work again or have a 3-day weekend?
- Would you rather your mum be Kim Kardashian or Kris Jenner?
- Would you rather have to do a handstand after every meal or a cartwheel?
- Would you rather have super slow internet or low phone battery?
- You can only hear one song for the rest of your life – would you rather 'Baby' by Justin Bieber, or 'Red' by Taylor Swift?
- Would you rather be a character in your favorite TV show or your least favorite TV show not exist?
- Would you rather be unable to use search engines (like Google) ever again, or unable to use social media ever again?
- Would you rather be a famous celebrity, or married to a famous celebrity (and you are unknown)?
- Would you rather live inside your favorite childhood movie or book?
- Would you rather be able to do the perfect smoky eye or contour?
- Would you rather fly to space and discover a new planet, or go on a deep submarine adventure and discover a new underwater kingdom?
- Would you rather live on a peaceful tropical island or a bustling big city?
- If you could have a talent that could make you famous, what would you rather it be: singing, acting, dancing, being an artist or influencer?
- Would you rather have to start a new job every year until you retire, or have only 1 job for your entire career?
- Would you rather live on a canal boat or in an RV for the rest of your life?



Can you get the quarterback through the maze to make a touchdown?

