

Resident Recognition



Jeanette Voss has inspired me personally. She is so open and eager to learn and grow. It is easy to get comfortable in all our lives, but she is on a quest to do and be more. I respect that greatly.

Payton Ferda is running an immaculate program. Has dealt with personal adversity gracefully, and approaches his struggles with the seriousness they deserve while still maintaining a solid sense of humor. He is a joy to work with and just to be around.



Alberto Hernandez is a quiet and pleasant individual who always has a smile and positive attitude. He has a laid-back personality that everyone is comfortable with. He is slowly but surely wrapping up his CDL training. Although there were a few setbacks and some frustration, he has persevered and has obtained his CDL permit. He is committed to his goal and by the end of January, he will have his CDL license. After that, the world will open up to him the realization that goals are a meaningful way to successfully transition to the community. There will be no stopping him now.



Gary Bayne does an amazing job at his work at Rocky Mountain Treatment Center. He helps people with addiction, is always willing to work extra hours, always has a positive attitude, and takes accountability for what put him here. He is compliant with his CD treatment and tries to help other residents around the center. He is exemplary in all aspects of the program.



I would like to nominate **Ms. Neely and Ms. McKnight** (no pictures). Ms. Neely from day one has been very polite at all times, not once have I seen her get upset at the window, and she just always has a positive attitude. Mrs. McKnight is a trip. She has some wicked humor, is polite at all times at the desk, and always has a one-of-a-kind question to ask us on the daily it seems. I am interested to see how she does as a resident because I am sure she will keep us on our toes.



Jason Hager has only been here a short time, but is already making his mark. Unfailingly pleasant with a sense of humor that won't be stopped, he approaches each situation with energy and positivity and a sense of integrity about the details.

Resident Recognition Continued



I would like to nominate Women's Campus resident **Jennifer Marshall** for standout resident. She is hard working, does her program well and is very pleasant to be around. She has a good personality and is just plain a nice resident to have here at the center.

Staff Standouts

A huge **thank you** to **Charlene Bonde** and **Joe Marten** for all the work they put into making the 2024 Holiday Season **merry and bright**. In addition to overseeing the **Door Decorating Contest**, they also gathered the items and coordinated the assembling and distributing of **250 resident gift bags**. And, let's not forget the **2024 Great Falls Pre Release Holiday Party**. It is a lot of work to plan an event for so many people who bring their own visions and expectations to the metaphorical and literal table. One evening of enjoyment and togetherness takes a year of planning and preparation, and usually, the less we notice the culmination of those plans, the more planning went into it. From the staff here, we want to thank you.



Joe and Charlene



Congratulations, Liz Davis, on your 5-year anniversary at the Great Falls Pre Release Center! You have made a wonderful and lasting impact on those around you. Thank you for all you do!!

Door Decorating Contest

Women's Campus Winners:
Ruth Coles and Ana Loncar



East Campus Winners: Liz Davis and Inmate Workers



West Campus Winner:
Joe Marten





GFPRC staff join together and put together resident Holiday Bags. Looks like tiring work.

SANDRA'S CORNER

Avoiding Holiday Burnout



Sandra Bearchum

The holidays can be a time of very intense highs and lows, where stress and joy can sit side by side. Remember what this season is truly about, and forget about trying to make it perfect. Choose your non-negotiables and avoid attending anything else. Setting boundaries can help you enjoy the holiday season without feeling overwhelmed or stressed. By learning to say no, managing expectations, and taking time for yourself, you can create a happy and healthy holiday season for yourself and your loved ones.

During the holiday season, it can be easy to become focused on what is lacking rather than what is present. Encourage yourself to take some time each day to reflect on what you are grateful for. This can be as simple as

taking a few deep breaths and focusing on the present moment or keeping a gratitude journal

Taking time for yourself is essential during the holiday season. Make sure to schedule time for self-care activities like exercise, reading, or taking a relaxing bath. Taking breaks can help you recharge and reduce stress levels. Remember to prioritize your own mental and physical health during this busy time of year.



2024 Commitment to Excellence Winners



Ana Loncar is a Compliance Officer who handles each task with calm professionalism and a positive attitude. She has only been at the center less than two years, but has already risen in rank to fulfill roles like Shift Lead and Shift Manager. She works well with her co-workers and even trains new employees. Ms.

Loncar has also taken on the thankless task of completing and updating the resident duty list. She is effective and efficient, ensuring that the systems in place continue to run smoothly.



Ryan Konecny is a Compliance Officer who was nominated by his peers for the outstanding way in which he performs all of his duties, setting an example for those with whom he works on a daily basis. He was complimented for the politeness and professionalism that mark his daily interactions with

staff and residents alike. He is patient with new residents, and that patience has made him excel at training incoming CO staff. He works hard to help the residents, staff, and the Center as whole.



Mike Sadowsky wears multiple hats. Over the past year, he has displayed an amazing commitment to the Center. In his capacity as Maintenance and IT, he is patient and always willing to listen and help with problems they might be having. He serves as a role-model for staff and residents

alike with his unflappable friendliness and professionalism. In addition to his daily roles, Mike recently agreed to take on an additional “small” duty around the Center, which ended up consuming hundreds of hours of his time. Overseeing the updates of our computers and network systems has been and continues to be a massive undertaking, but through it all, he has remained calm, cheerful, and friendly, helping this transition go as smoothly as possible.



Noël Walker has been described as a breath of fresh air. Although she has only been at the Center for a little over a year, her warm personality, strong work ethic, and ability to connect with staff and residents alike has very quickly proven her to be an invaluable member of the team. She works closely with the residents helping them

define and start on the path to fulfilling their goals. She sees the best in people and tries to help each resident reach their fullest potential. She also works closely with outside agencies, and the Great Falls Pre Release couldn't ask for a better representative.



Congratulations!!

Congratulations to resident Trinity Hatico (and former resident Joseph Wandler) for successfully completing the Structural Welding Course through Great Falls College-Montana State University's Continuing Education and Technology Program.



Mr. Hatico 2nd from Left; Mr. Wandler 4th from right

Check It Out

Word Art by Robert Screws



Drawings by Lee Ironmaker

Beadwork by Colin Racine



Stephen Matkovich—Employee of the Month Buffalo Wild Wings

Stephen Matkovich was awarded Employee of the Month at Buffalo Wild Wings, Great Falls, for November 2024. I sat down with Stephen to congratulate him on this accomplishment and to hear the story of his journey. Stephen began by explaining that during his addiction, although shelter was all around him, he chose to live homeless. “I’m from Great Falls. This is home. But in the depth of my addiction and despair I didn’t reach out. It was out of respect for my family and my friends. I wasn’t about to bring the garbage (drugs) and the subsequent heat on them. And anyway, I didn’t have the motivation to reach out. My mind set was: it really didn’t matter. I just really didn’t care.”

Addiction initially promises a shield from everything rough and disturbing, a way to descend into oblivion. But then the promised effects are traitorous, and the oblivion turns out to be a cold nothingness. As Stephen recounted, “I had nothing. Nothing. No place to live, no consistency in my life. I was always struggling mentally, physically and spiritually. I did OD a few times, actually quite a few times. My future was death or a prison cell. But even bonding out was just as bad - I just got high and got crazy. I am very delusional when high.”

Then something changed, or more accurately, Stephen’s mind and his spirit changed. The change began during his last incarceration. “Although I had been locked up plenty of times, something switched in me this time. I actually saw it as a chance to get sober. NEXUS was the next step. I realized it was a chance to clear my mind. My train of thought changed when I realized I could actually have a better quality of life.”

That thought left Stephen reeling with possibilities. He remembered how this felt. “Think of it: I could actually vastly improve my life.” Stephen paused. “If everything happens for a reason then getting locked up did happen for a reason.”

When he got to NEXUS, however, some of his initial optimism faded. Stephen hated it at first. Then it began to click. Slowly, the change process began causing Stephen to do some hard reflection. He realized, “I’m too old to do this anymore. Also, I don’t want to do this anymore.” He also became aware of changes in other people, people he knew. He was seeing longtime friends, friends that, like him, had really gone through it, “yet they started changing in NEXUS, and I saw them do it.”

Not only did he want something different, Stephen began to believe in something better. Not just relief from the tedious survival, but actually thriving. Stephen explained the mindset. “It comes down to belief. If you believe you deserve better, that unlocks the ability to do better. My self-worth was so low before. No wonder I made no effort. Why would I when I didn’t believe I was even worth it?”

The idea that he could be better, once activated, wouldn’t leave him alone. Friendships continued to be another motivation that kept Stephen moving forward. When Stephen opened up to friends new and old, he realized the power of connections in recovery. “We all had different stories, but the same punchline.”

To continue to rebuild his life, Stephen decided to do everything differently, starting with the people he hangs out with. He also decided to put max effort into his job. “I work at Buffalo Wild Wings as a cook. I am motivated at work to do my job the best I can. I am a hard worker, a strong link. I take pride in my work.”

Being homeless wasn’t the most consequential disconnect in Stephen’s life. Neither were the incarcerations. Even the chemical use was more of a symptom, not the ultimate source of his despair. Stephen discovered the disconnect from his family was the demon that overturned his life and poisoned his spirit. The connection back to his family will now be the lifeline that allows him to reclaim his strength. Without a doubt, he knows that the link he needed the most was his family - his dad and his children.



Stephen Matkovich—Continued

In a beautiful and heartfelt tribute to his dad, Stephen said, “The special thing in my life is my dad’s continual love and support. During all of this, my dad was there for me and he is still there for me. My dad has so many great qualities including his hard work ethic, his loyalty, and his amazing sense of humor. He takes pride in his work and raised me to do the same. Dad always knew I could succeed. My dad’s love for me is stronger than my worst actions.

“My dad is the measuring stick for me to take the measure of a man.”

Outside of work, Stephen is still exploring what he likes to do re: his sober options, including sports and basketball. But Stephen is now more attuned to the rhythms of his life and is slowly adding new things to his life. He said that right now is a time for finding peace within himself which includes a period of reflection.

This is also the time in his life where Stephen will begin the process of getting back into the lives of his children. His previous actions kept him away from his kids, stuck in a cycle of alienation. The more this cycle pulled him down, the further away he drifted from himself and his family.

But that was then and this is now. Now Stephen is doing whatever he can for self-improvement for his family reunification. This is the focus of all his energy. Having just celebrated a year of sobriety, he knows that his heart and soul will be fulfilled with an authentic connection with his kids. His son and daughter are in their teenage years and Stephen knows that time is slipping away. Every day his goal is to build trust and to continue to prove that he is capable of being a quality dad. Yet Stephen is perfectly clear in understanding that he is not the one that will determine when the unification will happen. Stephen will let his kids take the lead. “The timing is up to my kids. The ball is in their court and I will accept our family reunion on their terms.”

Stephen now has clarity that his fulfillment and happiness lies in being with his family. But right now, his first order of business is to continue his strong Center program. Stephen’s advice for life, including running a good program, is to be aware and intentional. “Follow the rules. Do all the little things right. It’s easier to go with the grain than against the grain. Also, we need to learn from our mistakes - that’s how we grow.”

Stephen’s strength, his determination, his new-found ability to value his life, and his overwhelming love for his family made my interview with him a privilege and an inspiration.

News by
Sheena Jarvey



Preventing Child Poisoning: The Hidden Dangers of Marijuana Edibles



The greatest harm from marijuana products often occurs when small children accidentally consume them. Unlike adults, who may experience unpleasant but manageable symptoms like nausea, vomiting or hallucinations, children can have much more severe reactions. These can include profound drowsiness, seizures or even becoming comatose.



This typically happens because young children explore their environment by putting things in their mouths and many marijuana edibles are made to look or taste appealing, similar to regular food items. When children find and consume these edibles, they can quickly become seriously impaired, leading to hospital visits, intensive care stays and extensive medical testing before it's discovered that a marijuana edible was the cause. It's crucial to store marijuana products as carefully as medications or hazardous chemicals, keeping them out of reach and ideally locked away. Additionally, it's important not to use marijuana in front of children, as they often imitate adult behaviors.



Wisdom of the Ages

Submitted by Brenda Demers

I asked one of my friends who has crossed 70 & is heading to 80 what sort of changes he is feeling in himself? He sent me the following very interesting lines, which I would like to share with you

#1. After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself.

#2. I just realized that I am not "Atlas". The world does not rest on my shoulders.

#3. I now stopped bargaining with vegetables & fruits vendors. A few pennies more is not going to burn a hole in my pocket but it might help the poor fellow save for his daughter's school fees.

#4. I pay my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me

#5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down the memory lane & relive the past.

#6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

#7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You"



#8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

#9. I walk away from people who don't value me. They might not know my worth, but I do.

#10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.

#11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

#12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships I will never be alone.

#13. I have learned to live each day as if it's the last. After all, it might be the last.

#14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be! 😊

Ernest “Ernie” Reynolds Makes Resident by: Noël Walker

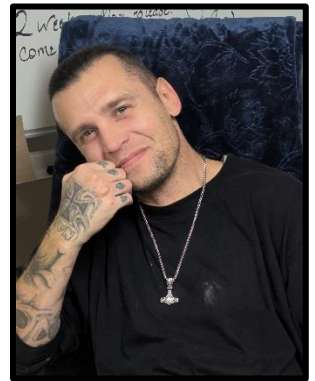
In the six months he’s been here, Mr. Reynolds has stood out as a kind, empathetic, and well-mannered person. But, if anyone knows the power of presenting himself as he wishes to be seen, it is Ernest Reynolds. You probably know him as the quiet guy from the West Campus chow line, but he isn’t always the quietest one. He also knows how to deliver an absolute zinger of a joke. If you aren’t paying attention, you might miss it for, as well timed and witty as it might be, it will still be delivered in his characteristically soft-spoken way.

Mr. Reynolds learned at an early age how to deal with disadvantages. Spending time in foster care before going to California’s Youth Prison at 16 then being sent to adult prison at 18, Ernie learned early on that how he presents himself is how others see him. He watched people come and go through the system, saw what to many would be unimaginable violence. In a state already known for harsh gang realities, prison created an environment where the worst and the roughest all gathered in one spot to vie for territory. Yet, that is where Ernest first felt a sense of belonging. He learned that a man needed to provide for himself. With the help of some older convicts who took him under their wing, that was when Ernie learned that he was artistically gifted. In the early days, old-timers would give him a piece of paper and ask him to create a card to send a loved one. Ernie shared, “art paved a way for me in prison; every piece of paper I turned into money.” As his skill grew from “drawing cabbages” to his signature roses, he began getting commissions to design and give tattoos. Pretty soon, he was a respected artist. “It is a community where tattoos are status. They are in demand, so I was in demand... When I was out, tattoos kept me under a roof and fed. At one point I was making \$100/hour. It is pretty flattering to have people ask you to move to a different state because they want your work so badly.”



Original painting for the annual USPS Stamp Contest

As simple as it might be to think of Mr. Reynolds as a one-trick pony, that would do a disservice to him and yourself. Is he talented? Absolutely. But, he is also intelligent and driven. He has been awarded the Second Chance Pell *and* been accepted to Purdue University, ranked number one among U.S. public universities and number nine in the world by Global University Visibility (GUV). Mr. Reynolds has been waiting patiently till his schedule will allow him to start taking university classes online. When I asked him what he wanted to study, he said he plans to major in Small Business Management and minor in Accounting and Logistics. Regarding his future plans told me, “I want to be community focused, bringing more attention to the homeless and unhoused community. As a tattoo artist, I’ve always worked with people interested in giving back, either through photography of the homeless population or painting murals. I want to do that, be that, instead of sitting around with a bunch of narcissistic ego maniacs.” The thought of showing the beauty in what others see as plain or even broken is what drives him. He went on to say that as an optional service typically found in markets already overflowing with options, he wants to represent what the inked community stands for in a positive way: community, belonging, and empathy for those in need. He sees this as not only giving back to the community, but as a way to set his shop apart from all the others. “Ultimately, people are paying you for your art work...it is an optional industry, and you want them to choose you.”



With his ability to navigate adversity, his willingness to experience life as it comes, and his deep desire to achieve success, Ernie will no doubt be chosen over and over again. Congratulations, Mr. Reynolds.



Discerning Truth: Those Jeans Do, in Fact, Make Your Butt Look Big

Raymond Berry; Noël Walker, ed.

In our daily lives, white lies or beneficial lies are often used to navigate social situations, protect feelings, or ease interactions. While these small deceptions may seem harmless and even necessary in the short-term, they can have significant consequences for our ability to discern truth in the long-term.

White lies, though intended to be benign, can undermine our understanding of truth by creating habits of dishonesty. When we regularly engage in these small fabrications, we risk blurring the line between truth and falsehood. This habit can make it increasingly challenging to recognize and uphold genuine truth, both in ourselves and others.

Over time, reliance on even minor deceptions can distort our perception of reality. If we frequently justify lies, even for seemingly good reasons, it becomes easier to rationalize larger untruths. This shift can lead to a compromised ability to determine the accuracy of information and make decisions based on truthful foundations. If you don't believe this, go watch a few auditions of any singing-based reality show. Someone consistently lied to a few of those auditioning, resulting in nationally-televised humiliation. If anyone in their life had said, "You

know, maybe your talent rests elsewhere," they could have avoided an adulthood of teasing based on a childhood/adolescence of well-intentioned lies.

Moreover, habitual dishonesty can erode trust and damage relationships. At some point, reality is going to intrude (enter Simon Cowell), and creating a system by which people are unable to process the truth of their own situations is dangerous. When others discover that they have been misled, even by seemingly insignificant lies, it can lead to skepticism and a breakdown in communication. This erosion of trust further complicates our ability to engage honestly and accurately with the world around us.

Reflecting on this, consider how habitual lying, even in small ways, might affect your own capacity to discern truth. In a world where misinformation is prevalent, how can you ensure that your approach to truth remains clear and untainted by habitual dishonesty? By cultivating a commitment to honesty, you can strengthen your ability to recognize and uphold true information.

The "Discerning Truth Series" is a collection of short articles designed to encourage readers to evaluate the accuracy of information in a complex world.



Santa has a senior moment

All comics in this issue are by D. T. Walsh
<https://www.boredpanda.com/christmas-comics-dt-walsh/>

RULES FOR SUCCESS

By: Kris Lehto

A-void negative sources, people, places and habits
B-elieve in yourself
C-onsider things from every angle
D-on't give up, don't give in
E-verything your looking for lies behind the mask you wear
F-amily & friends are hidden treasures, seek them & enjoy their richness
G-ive more than you planned to
H-ang on to your dreams
I-f opportunity don't knock, build a door
J-udge your success by what you had to give up to get it
K-eeep trying no matter how hard it seems
L-ove yourself
M-ake it happen
N-ever lie, steal or cheat
O-pen your arms to change, but don't let go of your values
P-ractice makes perfect
Q-uality not quantity in everything you do
R-emember that silence is sometimes the best answer
S-top procrastinating
T-ake control of your own destiny
U-nderstand yourself in order to better understand
V-isualize it
W-hen you lose don't lose the lesson
X-ecellence in all your efforts
Y-ou are unique, nothing can replace you
Z-ero in on your target and go for it



The Gift



ATTENTION TO ALL PARENTS WHO NEED TO TELL THE TRUTH ABOUT

SANTA 🎅



Son: "Dad, I think I'm old enough now. Is there a Santa Claus?"

Dad: "Ok, I agree that your old enough. But before I tell you, I have a question for you. You see, the "truth" is a dangerous gift. Once you know something, you can't unknow it. Once you know the truth about Santa Claus, you will never again understand and relate to him as you do now. So, my question is: Are you sure you want to know?"

Brief pause.....

Son: "Yes, I want to know" Dad: "Ok, I'll tell you: Yes, there is a Santa Claus" Son: "Really?" Dad: Yes, really, but he's not an old man with a beard in a red suit. That's just what we tell kids. You see, kids are too young to understand the true nature of Santa Claus, so we explain it to them in a way that they can understand. The truth about Santa Claus is that he's not a person at all; he's an idea. Think of all those presents Santa gave you over the years. I actually bought those myself. I watched you open them. And did it bother me that you didn't thank me? Of course not! In fact, it gave me great pleasure. You see, Santa Claus is the 'Spirit of Giving'. Santa is THE IDEA OF GIVING FOR THE SAKE OF GIVING, without thought of thanks or acknowledgement. When I saw that woman collapse in the parking lot last week and called for help, I knew that she'd never know that it was me that summoned the ambulance. I was being Santa Claus when I did that."

Son: "Oh."

Dad: "So now that you know, you are now part of it. You have to be Santa Claus too now. That means you can never tell a young kid the secret, and you have to help us select Santa presents for them, and most important, you have to look for opportunities

to help people. Got it?" Help each other this Christmas 🎄 🎅 and...be kind ❤️



Heidi Hunter, RN



Tiffany Thurston paying homage to *National Lampoon's Christmas Vacation* (Yes, that is Alan Scanlon)



Staff bathroom



Just a sampling of Sheena Jarvey's Holiday Spirit



Noël's "Walker in a Winter Wonderland"



Jeff Barnhart's caught the Christmas Fever, too.

Nerd Alert:

Monthly Column by Noël Walker, Education Coordinator



I need your help. I am looking for a specific book about Clifford the Red Big Dog. There's another book about a purple eater, but I can't remember the title. Do you know it? Can you help me out? Oh, do those not sound right? What's that?

Ohhh...it's Clifford the Big Red Dog, and the purple people eater. Well, you got me. And, in a little way, I got you, too.

What I really wanted to talk about anyway was just that: how we describe things using multiple adjectives. Call me a big great nerd, but I love languages. I have studied several, both for academic purposes and (because I *really am* a nerd) for fun. But, I have to say, I really love the English language. Over the years, doing my darnedest to get others to fall in love with the language as much as I have, I have come across some interesting rules I didn't know about. One of the more eye-opening rules I came across is a rule we all follow without knowing it. I am talking about the rule for the order in which we put adjectives (adjectives are the words we use to describe people, places, or things).

You might think, ugh...this is boring. By all means, skip to the next page. But, if you are looking to feel just a tad bit smarter than a few moments ago, let me explain what adjectival order means. When you list descriptions of a thing, like "a big, brown bear", you put "big" and "brown" in a specific order. You would never say "a brown, big bear." It sounds childish and, well, dumb. It is the same reason why you would never say "frying, non-stick, brand-new pan" instead of "brand-new, non-stick frying pan". While native English speakers simply know from listening to others how adjectives should go, there actually are hard and fast rules. According to the Cambridge English Dictionary^a, adjectives are listed in order of how we think they are, moving into the undeniable facts of what it will always be. That sounds complicated, but we have followed this rule without even knowing what it means.

Congratulations on getting to the part where I tell you what the full order is. In position number 1. Opinion (beautiful, cool, ugly), 2. Size (small, large, short), 3. Physical quality (rough, smooth, clean), 4. Shape (circular, oblong, square), 5. Age (young, antique, teenaged), 6. Color (red, green, speckled), 7. Origin (Japanese, American, British), 8. Material (silk, metal, plastic), 9. Type (General purpose, like PHILLIPS HEAD screwdriver, or U-SHAPED pipe), 10. Purpose (cleaning, reading, hammering).

Let's look at some examples: hydraulic⁹ nail¹⁰ gun; Japanese⁷ silk⁸ kimono; plastic⁸ reading⁹ glasses; disgusting¹, grime-stained³ rag. Go ahead and try to move those adjectives into a different order. Can you feel how uncomfortable that is?

So, now we all know the rule. It is a steady-fast rule, right? Zero exceptions? Well, not exactly. You might be thinking, "What about the big², bad¹ wolf from the fairy tales?" Congratulations, you have just stumbled upon the exception to the rule, called *ablaut reduplication*^b. This rule forces us to follow vowel sounds in a specific order, namely I, then A, then O. It's why we all agree it is hip-hop but never hop-hip, why clocks tick then tock, why it's flipflops we wear, why Boomhauer from *King of the Hill* says "dang⁹ ol'⁵", and of course, why Little¹ Red⁶ Riding¹⁰ Hood isn't fooled by the Bad Big Wolf.

That's it. That is all there is to the order of adjectives. It isn't rocket science. In fact, you most likely already do it. See? You are smarter than you thought. And now, next time you hear Elvis crooning, you will know *why* he wasn't singing about his suede blue shoes.

a) <https://dictionary.cambridge.org/us/grammar/british-grammar/adjectives-order>

b) <https://www.theguardian.com/commentisfree/2016/sep/13/sentence-order-adjectives-rule-elements-of-eloquence-dictionary>

What New Year's Resolutions are you making for 2025????

As we approach this new year, one of the most important (and frequently difficult) gifts we can give ourselves is kindness. Being kind to ourselves when we know everything we have ever done wrong, every thought that has been cruel, every bit of ugliness we try to hide from others, that takes mindfulness and grace. But, we deserve no less. So as we crack the binding on a new calendar, let's take a moment to explore some daily affirmations.

Today, I **HOPE**

Today, I will to improve my **HEALTH**.

Today, I am **THANKFUL** for

Today, I will **SMILE** and say hello to 5 people.

Today, I will have the **FAITH** to

Today, I will **OVERCOME**

Today, I will seek **PEACE** by

Today, I will be **UNDERSTANDING** of. . . .

Today, I will **COMPLIMENT** one person.

Today, I will **HOLD THE DOOR** for someone.

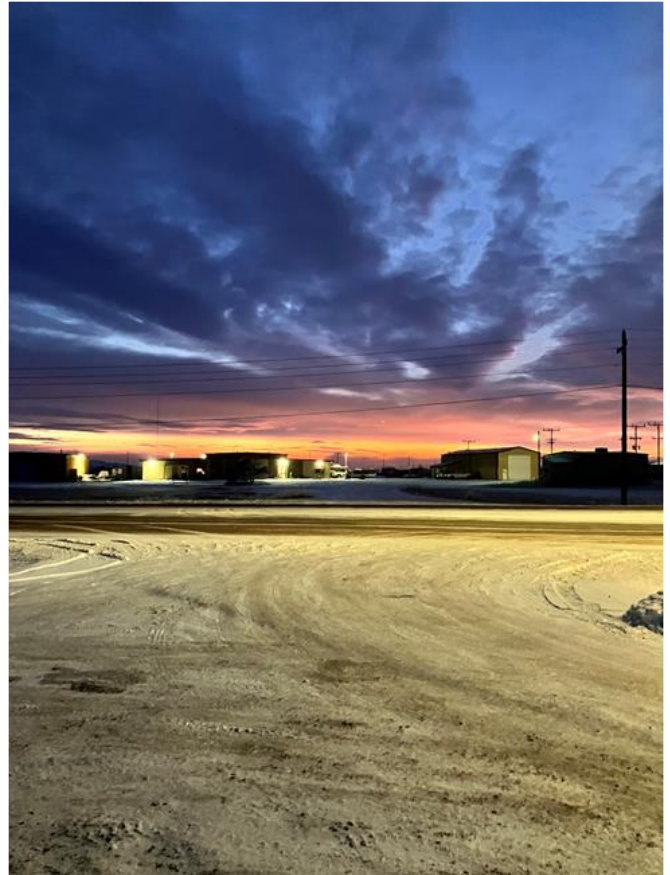
Today, I will have the **STRENGTH** to

Today, I will **APOLOGIZE** to

Today, I will **FORGIVE**

Today, I will have a positive **ATTITUDE**.

Today, I will **HELP** another person by



Sunrise photo by Paul Amyotte

Today, I am **PROUD** of myself for

Today, I will control my **TEMPER**.

Today, I will be **KIND**.

Today, I will be **UNSELFISH**.

Today, I will show that I am **RESPONSIBLE** by

Today, I will start **READING** a book.

Today, I will start writing a **JOURNAL**.

Today, I will find the **POSITIVE** in a bad experience.

(Source unknown)



Nicotine Pouches: Tiny Pouch, Mighty Punch!

With 1.63 million middle and high schoolers using e-cigarettes or vapes in 2024, another nicotine product is quietly gaining traction among both teens and adults: flavored nicotine pouches. As cigarette smoking drops, tobacco companies are pushing "smokeless" options like Zyn, On! and Velo. These "lip pillows" deliver nicotine without tobacco, making them the second most-used tobacco product among youth after e-cigarettes. But don't be fooled—nicotine in any form is still harmful, especially for young people.

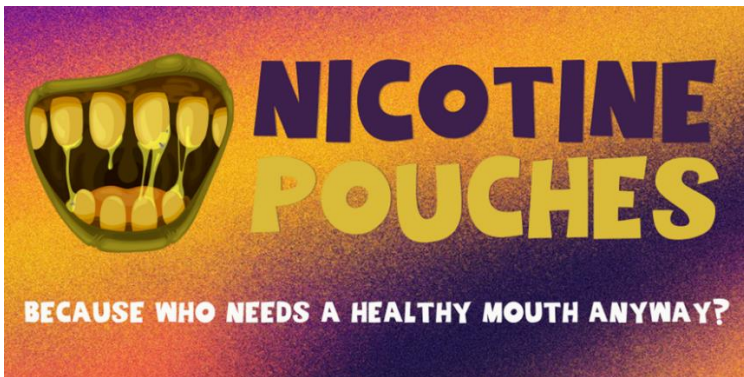
Nicotine levels vary quite a bit across different nicotine pouch brands. In the U.S., Zyn offers options at 3 and 6 mg, Velo has 2, 4 and 7 mg strengths, and On! has even more variety, with pouches in 1.5, 2, 3.5, 4 and 8 mg. Altria's new On! Plus line is raising the stakes with even stronger pouches at 6, 9 and 12 mg, giving users plenty of options for a dangerous hit of nicotine.

Oral nicotine pouches come in a variety of youth-friendly flavors like fruit, mint and other sweet options. This is worrying because, as e-cigarettes or vapes face scrutiny to curb youth use, young people may just turn to other flavored nicotine products instead.

Flavors play a big role in drawing youth to nicotine—87.6% of young e-cigarette users in 2024 reported using flavored products. So even with some restrictions, flavored nicotine products remain an appealing option for youth.

Right now, oral nicotine products aren't regulated as strictly as other tobacco products. The FDA does have some rules in place, like requiring manufacturers to submit specific information and use nicotine warning labels, along with some basic marketing restrictions. However, there aren't any federal regulations that specifically prevent or limit the sale of oral nicotine pouches and the marketing rules for these products aren't as tough as those for traditional tobacco products.

While the specific long-term health effects of nicotine pouches are still being studied, one thing is clear: youth and adult use of nicotine in any form is not safe. For young people, using nicotine can disrupt the development of brain circuits that control attention, learning and addiction. Research shows that starting nicotine use early is linked to daily use and a greater chance of lifelong dependence. For adults, nicotine can also intensify symptoms of depression and anxiety, making it a risky choice for anyone.



1 Milligram of Nicotine = 1 Cigarette

1 Nicotine Pouch @ 6 mg Nicotine =

6 CIGARETTES

x 15 Pouches Per Container =

90 CIGARETTES

THAT'S LIKE SMOKING

4.5

PACKS OF CIGARETTES!



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**

How can I quit Zyn?

You can quit Zyn with similar strategies to quitting other nicotine products.

Here are 4 starting tips:

1. **Switch to lower dose nicotine replacement therapy**

Switch to lower dose nicotine replacement therapy (NRT), like nicotine lozenges, about a week before your quit date. If you are already at the lowest dose of Zyn pouches (3 mg per pouch), you can switch to a lower dose nicotine lozenge (2 mg) or cut each nicotine lozenge in half. Using NRT and lowering your dose of nicotine can help you get through withdrawal and improve your chances of quitting.

2. **Practice "mini quits"**

Practice "mini quits" by not using one pouch that you would usually use. It will give you experience dealing with cravings. And your confidence will grow. We've got tons of tips and strategies in our EX Community.

3. **Extend the amount of time between pouches**

In addition to lowering the dose of nicotine, try waiting longer between pouches. Even five extra minutes can help build skills to deal with cravings, and the confidence that you can quit.

4. **Learn how to let a craving pass**

Cravings can be intense, but they are just thoughts that come into your mind. You don't have to deny their existence. You can learn how to let them come in, acknowledge them, and let them go without using nicotine.



WOMEN'S CAMPUS LOOKS A LOT LIKE CHRISTMAS



Karen Workman's Door



Christmas Trivia

Submitted by Sandra Bearchum

- In the classic Christmas movie, *How the Grinch Stole Christmas*, what were the three words used to describe the Grinch?
- What did Frosty the Snowman do when a magic hat was placed on his head?
- In the movie *Elf*, what was the first rule of "The Code of Elves?"
- Per a recent holiday fad, what "spy" hides around the house, reporting back to Santa on who has been naughty and nice?
- What much-reviled Christmas edible is known for its long shelf life?
- What do children typically get in their stockings if they're on the Naughty List?
- In the song "Grandma Got Run Over by a Reindeer," what "incriminating" evidence was found on Grandma's back?
- What beverage company has been using Santa Claus in its advertising since 1931?
- In "The Chipmunk Song," what do the chipmunks want for Christmas besides a plane that loops the loop?
- According to the Buddy the Elf, what are the four main food groups?
- In one oddball tradition dating back to the late 1800s, an ornament shaped like what food item is hidden on the Christmas tree?

CHRISTMAS WORDSEARCH





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WORD LIST

CANDY CANE	HOLLY LIGHTS	RUDOLPH
CHIMNEY	MISTLETOE	SANTA
COOKIE	MITTENS	SNOWBALL
DECEMBER	NORTH POLE	STOCKING
EGGNOG	PRESENT	TINSEL
ELF	REINDEER	TREE
FROSTY		



Homemade GIFTS MADE EASY

7. Claus marks 8. Coca-Cola 9. A hula hoop 10. Candy, candy canes, candy corns, and syrup 11. A pickle