

## Resident Standouts

**Editor's note:** This month, I asked for residents who embodied the idea of "Progress, not Perfection". These are residents who, maybe, struggled at first but who have found their rhythm. After all, if we were looking for perfection, there is not a person here, staff or otherwise, who would fit the bill.



**Chanler Whitegrass** (left), from when he arrived to now, has calmed down and is more spiritually focused. He is taking responsibility for himself and his actions and seems to have gained more confidence in himself. He is not perfect, but progress in the making.

**Angel Perez** (right) has struggled at points in the program, however in the last 10 weeks has shown dedication and commitment to not only completion of his program but a desire for a better future for himself and his children. He moved to phase 4 the end of January and has his eye on achieving the goals he has set for himself that will allow him to be a positive role model for his kids and provide for them after he gets out of GFPRC.



**Daisy Crothers** (left) comes to mind. When she arrived, she had a rocky start and she was rough around the edges. With some mentoring and some patience Ms. Crothers has done a full 180 in behavior and responsibility. I want her to know we see the change and the effort she is putting in! We thank her for trying and really giving a go at all the opportunities she is given.

**Brandon Belts** (right) came in with a long road in front of him and many obstacles that he saw as difficult to overcome. Since being here, he is engaged in his program, and has received promotions at work. He has a positive perspective and is currently very focused on change for a better future



**Ernest Reynolds** (left) stands out in my mind as someone who has seen challenges and turned them into tools to make him more marketable in his work and, I believe, as an overall individual.



# Resident Standouts

**Julian Ruiz** (right), when he got here, I wasn't sure if he was going to make it. I love being proven wrong. He has done a complete 180 on his program. He has learned better how to take each day as it comes and to communicate his needs more effectively and constructively.



**Jessica Hirst** (left) started with so many write-ups and has dealt with some pretty hurtful situations at work. She was bullied by a co-worker, but was able to turn the situation around to a positive outcome. She has been resilient and is moving on. She has an infectious joy about her.

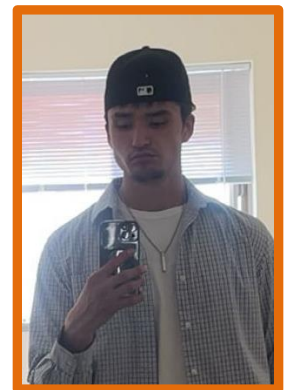
Women's Residents **Leah Benoist** (below left), **Angel Pomani** (below center) & **Tracy Eagleman** (below right) come to mind. They all came in "very rough around the edges" but have become very kind, helpful, and wonderful residents.



I nominate **Michael Heavy Runner** (right). He is exactly "progress not perfection". He struggled at first, but he has come so far, paying off all his fines, getting warrants taken care of, working a job that pushed his buttons and forced him to rethink some of his old habits. Now, he is actively working on his HiSET. I think he is doing a great job at everything that's been thrown at him and then some.



**Jennifer Marshall** (left) came to the GFPRC as a near-year stay. She has worked her program diligently and has maintained employment her entire stay which shows great commitment and dedication. Although she has received a single write-up, she has remained in good spirits and did not let it get her down. She took the sanction with grace. Ms. Marshall has an immense desire to be here and shows that every day with her attitude and smile. She has come a long way in her recovery and continues to work on herself each day.



## shout-out

/ˈSHout, out/

noun: **shoutout**

1. a message of **congratulation**, **support**, or **appreciation**.





This month saw **Troy Bonde** celebrate his **3-Year Anniversary** working at the Center as well as **Ryan Konecny** and **Ray McClelland** celebrate their 6-Year Anniversaries. Congratulations to all of you. Thank you for your hard work and dedication over the years!



Can you even spot the difference between Ray (left) and his twin?

## Get to Know Your COS

### Anisa Messier:

1. What is something that excites you about the future? **You will always be chasing your better self or better version of yourself**
2. What is something simple that brings you peace? **Candles or diffusers**
3. Coffee, tea, or cocoa? **Matcha**
4. What hobby/hobbies do you enjoy? **Hunting, anything outdoors, cooking**
5. What is the most interesting/exciting place you have visited? **Nicaragua**
6. If you had a day to volunteer, where would you spend it? **With babies/kids**



### Ivy Morris:

1. What's your favorite color? **Burnt Sienna orange**
2. Do you have any pet peeves? **Yes, when people**
3. What's the most unusual job you ever had? **I was a nanny/sign language interpreter for a deaf/autistic kid**
4. Do you play any musical instruments? **I play saxophone, piano, drums, french horn, mellophone, trombone, baritone, and marimba**



Representing their St. Patrick's Day zeal (and their faith in the Luck o' the Irish as overdraft protection), Kevin Heffernan (left) and Joe Marten (right) sport the colors of the Emerald Isle on March 17.

## Staff Recognition

### Calm, Cool and Collected

By Brenda Demers



I would like to give a shout out to Staff Cook **Michelle Erickson**. Since she was hired on as a Compliance Officer in May of 2024, I've noticed and appreciated her calm, kind demeanor. She has that special way about her where she doesn't let the stressful moments define her actions.

After noticing that the open cook position had not been filled, she decided to apply and was selected. Michelle admitted that she doesn't have a lot of cooking experience, but she started working in fast food restaurants when she was 16 and most recently worked in the lunchroom at the school in Cascade. Some of her other jobs include driving a school bus, being a loan officer, and working in a dental office.

Michelle said she is finally getting used to the pull sheets, explaining the need to constantly plan ahead to ensure the proper menu items are pulled from the freezer in time. She has been able to use her creativity in making meals with the ingredients available to her.

Michelle sporting her beautiful Harley Davidson trike. In her off time, she enjoys motorcycles, camping, fishing, and hiking.

Michelle beamed as she explained that she loves working with the inmate workers and teaching them skills they can use later in their home life or in their career. Michelle's motto is this: *I treat the residents how I want to be*

*treated. I live my life like that. The world would be a far better place if everyone followed the Golden Rule.*



### Credit Where Credit Is Due

By: Noël Walker

This month has been FULL of reasons to celebrate. And they have nothing to do with little men in green or pots of gold. No, this month we have seen **FIVE** Inmate Workers complete their requirements and transfer to Resident status. **Andre Hallman**, **Sean Kostad**, and **Michael Cheney** all completed the requirements for their work with Maintenance and received a certificate of completion marking them as ideal candidates for apprenticeships in a related field. Likewise, **Jamie Pethel** and **Tanessa McKnight** completed their Inmate Worker programs in the East Campus and Women's Kitchens. You may not know this, but part of their program requires them to complete a ServSafe Certification for effective and sanitary food preparation, storage, and serving. Many restaurants require this certification for employment, making them attractive candidates for the billion-dollar food service industry should they choose to continue in this area.





Likewise, **SEVEN** people have been accepted into the Honors Program **Derick Vigil** (left), **Brian Batt** (right), and **Alan Woodward** (no photo) all applied to the Honors Program and were accepted. The Honors Program is exactly that, an honor. Not all who apply are selected. They must have clear conduct for 60 days, no Class II Write-ups for the past 90 days, must have been in the Center for 120 days. If you do the math on that, Honors Members have a 30-day learning curve before the pedal hits the metal. In addition to these requirements, residents must be making payments toward fines and fees, must be Phase 3, and must apply on

their own. Needless to say, being accepted into the Honors Program is not an unattainable goal; however, nor is it one that can be reached without thought or effort.



There are many reasons one might choose to be in Honors. For **Reece Wandler**, the main reason was for the motivation to keep doing what he knew he needed to do. He said, “In my past, I have had a lot of trouble doing everything I need to get out. I have been kicked out of a lot of places, unfortunately, for not really trying.” However, he saw the Honors Program as “something that was gonna keep me on track...extra motivation I need being extended stay.”

When asked the standard question of “What do you look forward to doing with your extra passes?”, Reece replied, “I want to start, especially when it starts getting nice, to go on walks, maybe parks, get out to clear my head. Right now, I enjoy working out and working hard to get myself nice things.” He said he is excited to get back into the gym. “I used to box. I have been thinking about getting back into boxing. I do like working out. I just haven’t been doing it as much since I have been working overtime. I have been trying to work on getting more hobbies, actually.”

One of the hobbies he is looking to gain is property management. He said that his short-term goal is to keep working, saving, and moving forward in life. “I am really just focused on getting my own place, making enough money to save some to continue working toward my goals. Eventually, I want to try to get some kind of property or trailer I could purchase, not to live in but that I can rent out. That is my goal for a while from now. That way that money can pay my rent. I can save my rent money, and maybe get more property.”

This whole conversation was spoken with his trademark humility and soft-spoken nature. However, that sense of calm that he brings with him was not always his way. Like most life lessons, it was hard-earned. In fact, Reece told me that his quest to find peace led him to overdose four times in his life. He was saved by Narcan three of those four times. After his brushes with death and now that he is sober, he sees that he is a different person than who he thought himself to be. “I am more spiritual. I know there is a higher power... I find myself in situations I need to be in even if I don’t see it.” He speaks of this change in himself as lucky. He says of it all, “Some people go their whole lives without that happening.”

With his newfound perspective, he looks forward to spending time with his family, giving back to them the support they have given him through the years. He sees his independence and sobriety as necessary steps to reach that goal. He spoke of his younger sister, with whom he is very close. “My little sister supports me to this day.” He spoke also of his mom, who, he said, is in a rough place, after the near death of his grandmother, her mother. When his



grandmother was diagnosed with Stage-IV lung cancer, his mother stopped everything to take care of her. Amazingly, his grandmother was able to qualify for a newly approved drug and is in remission, but coming back from an extended time away, the emotions of watching a loved one suffer, reversing the role of care-taker and cared-for, they have all taken their toll. Reece talked about wanting to be there for his mother, to help her in whatever way he could.

More than that, though, Reece talked about being with his grandmother. He said he is very close to her and talked about how hard it was when it looked like she might not make it. He said, “I would call her on the jail phone, and you could hear it in her voice. I didn’t know what to say, no one knew what to say, but it all worked out. She came to see me not too long ago. We went shopping. It was around Christmas. I picked out one thing for everyone because I didn’t have a lot of money, but I got my grandma a few things.” When I asked him if it was okay to put that in the newsletter, he smiled his characteristic grin and said “sure”, not reluctant in the least to let the world know he spoiled his grandmother at the holidays. Like a boss.

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For **Dillon Bird**, his reasons for applying for Honors were different. I talked with Mr. Bird once he was accepted into the Honors Program and asked him what made him want to apply. He replied with his trademark kind manner, “It is not that hard. If you want to be on a good path, it isn’t that hard.” He spoke of his time here as one where temptation was certainly around, but he said that he wasn’t particularly tempted. He said, “I saw that [Honors] was the way to go for my situation. It was necessary for being able to adapt to my situation here. I saw a lot of people going on a wrong path; I wanted to stay in the good working order of things.”

Obviously, just saying “I will do this” doesn’t make it magically happen. Fortune is fickle and favors the bold. Gardens don’t just grow. There is sweat and toil. When I asked Dillon what caused him to struggle here, he spoke of a struggle many of us experience: mental health. He said, “When I noticed that I was getting into a funk, or something like, ‘Why am I here?’, ‘Why do I have to be here?’, I could look around and see other people. It was like ‘Wait, I am not the only one here going through this.’ It wasn’t just about me. There are other people going through the same thing. That has helped me to stay optimistic and upbeat.”

If you don’t know who Mr. Bird is, please believe me when I tell you, this man has a spirit about him that radiates positivity. In fact, he has been commented on by staff and fellow residents alike as being a source of light and joy. Likewise, he is not new to the newsletter. In fact, he was previously nominated for Resident Standout on the basis of his unquenchable kindness and upbeat attitude. He attributes some of this to the people he has had in his life, teachers, friends, to random people whom he has met and chatted with. However, he credits his family with a large share of gratitude for the mental and emotional strength he carries from day to day. He spoke particularly of his uncle, Ray Cobell, saying “he’s been a really good role model even when people weren’t looking. He never tried to steer me off into a direction that was crime affiliated, even though he is a felon, too. That is something that was really special.”



His family means the world to him. While he credits his uncle for giving him a good man to look up to, he credits his grandmother for the compassion she could not help but instill in him. His grandmother works as an LAC on his home reservation, helping others navigate the battlefield of their addiction. Watching her help others, seeing her find purpose in reaching outward instead of relying inward, Dillon has set his sights on following in her footsteps. His next goal is to start college and work on getting his own LAC license. When talking about getting his license, he said his ultimate goal is to return to the reservation he calls home and help others in the way his grandmother has. He referred to this goal as if the time, energy, empathy, and selflessness of investing in a future for others as himself doing “the right thing,” as if it was the only logical choice in the world, a foregone conclusion. A lesser person might read this as a statement of obligation. But that was not the intent of his words. Instead, he said, “I do want to go back to the reservation and follow in the footsteps of my grandmother, do what she did. I love it back home. I think it would be great to go back, reach out, and do the right thing.”



And, the “right thing” is a concept Dillon spoke about. I will close with one of the things he said that has stuck with me since the time of our conversation. He said: “Just growing up, being around a lot of bad and stuff, you kind of learn. You know what is right and wrong. I think that is something you are born with. I spent a lot of time not doing the right thing. It does weigh down heavy on you. If you don’t stay on the right path, it pulls at you. It is more appealing to stay on the right track. It IS hard to do that, but I don’t have to deal with any guilt or any burden if I do that.”

I couldn’t have said it better myself.

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Also accepted into the Honors Program was **Kenneth Oschmann**. When I sat down and talked to him about being accepted into the Honors Program, the first thing I asked was what he intended to do with the pass he was getting ready to take. A self-professed foodie, he said he was leaving to go to WalMart to get some General Tso Chicken and some chicken strips. He said he was very much looking forward to the opportunity to satisfy his immediate needs while they were fresh, to enjoy the convenience of greater independence.

Born in Ronan, north of Missoula on the Salish Kootenai Reservation, but raised in Florida, Kenneth says he is looking forward to learning to live alone. Obviously, the ability to find peace in solitude is hard to come by when one is either punished with that very solitude or roommates with the highest concentration of big personalities in the country. He looks forward to being the driving force in his own life in the best way possible.



Part of the way he is eager to fill that time is with his artistic pursuits. When I asked if he was artistic, he answered, “Very.” He then directed me to the September 2024 Newsletter where some of his papier mache figurines were featured. He walked me through the process of making those figurines: “I make a rough frame, build it up, sand it down, build it up...” While this was early on in our interview, I see now that this is a metaphor for how Kenneth lives his life. He tries something new, building himself up through that experience, then, when he doesn’t like where it has taken him or he is ready for the next step, he sands it down to reshape it or refine it into what



he needs to be to move forward. He even joked of himself, “I am balanced when I am not lopsided,” but then he went on to talk about how he has worked to even out that lopsidedness, whatever that might have been for him, by sanding those bumps down, saying, “In all aspects, there is room for self-improvement.”

About other areas where he has worked to refine some rougher edges, Kenneth said, “I am still learning how to present myself to others in a more dignified manner...I don’t need to use foul language. There is a time and a place for that. Just because I am upset doesn’t mean I get to throw a tantrum.” He also talked about the work he has done to be a better listener, “Listening is a good people skill. A lot of people think they know how to listen, but just because you are hearing doesn’t mean you are listening.” Indeed, much of his growth he sees is related to being a better person to those whose path he crosses or hopes to cross. He spoke of his own desire to embrace the lessons he’s learned, to embrace the maturity those lessons have brought him. He said he placed great value on his ability to communicate productively and constructively, quoting Antero Alli, saying, **“Truth without compassion is cruelty.”** All this is to say that he acknowledges that if art is in the eye of the beholder, then words are in the ear of the listener. If the words are harsh, ugly, or isolating, then the listener will no longer listen, and the wind will be your only friend.

In every interview, I ask if there is a piece of advice they would like to give, if there is something he would like to say to someone else. In all the interviews I have done, Kenneth is the first to respond with, “I would ask them first if I could [give that advice].” Even in this, he acknowledged that the power to be heard rests exclusively on the listener. Why give advice if the person will not hear it much less listen to it? At that point, you are merely selling the value of your experience and perspective for the cheapest possible price. The wisdom of this cannot be oversold.

As we were winding down our chat, Kenneth said, “There are things I would like to change, a lot of missed opportunities, but I like who I am becoming now. That road has led me to where I am now. I am becoming more comfortable with who I am.” If I may weigh in, I am glad to hear that, Kenneth. Because, after only a few brief interactions and our short little interview, I am walking away with a newfound perspective. The only thing *I* would like to change is the fact that your insight is dependent on my clumsy ability to share it.



Not only has this month seen more than a handful of successes around the Center, it has also seen one resident realize a goal that was years in the making. So, if you see **Darie Green**, please be sure to wish her a hearty congratulations for completing the requirements for her **HiSET**. She is looking forward to the doors this will open for her as well as the example this sets for her son that even though things might seem difficult, they can still get done. Believe me when I tell you, once she believed in herself that she could do it, she absolutely **CONQUERED** the tests!!





## SANDRA'S CORNER



### Credit Counts

We know it's stressful to arrive at a new place. Learning the rules and just getting around in the building is a lot of information. Add orientation to the mix, and the overwhelming feelings begin. Still, you need to start on your release as soon as you can. You first want to get IDs and birth certificates as they are the documents you need to work. If you have a valid driver's license, work on getting a duplicate as they will void it if you try to get an ID. You need a picture ID and at least a birth certificate or social security card to work. However, there is one more item few people think about, and that is your Credit Score.

No matter where you release to, you will most likely be looking for an apartment. Felons are not a protected class, but to be safe in protected class compliance, most landlords will ask for a credit check as well as a background check. A negative credit check will be a strong reason cited not to rent to you.



#### Credit Score Ranges

##### FICO Score



- Very Poor: 300-579
- Fair: 580-669
- Good: 670-739
- Very Good: 740-799
- Exceptional: 800-850

Source: Experian

##### Vantage Score



- Very Poor: 300-499
- Poor: 500-600
- Fair: 601-660
- Good: 661-780
- Excellent: 781-850

Red Door Properties, for example, asks that credit scores are at the 600 mark. The website [annualcreditreport.com](http://annualcreditreport.com) will allow you to make a free account to access your FICO credit score weekly without penalties or charges. Creditkarma.com is also a very convenient option with an app you can download to your phone, but that agency scores your information differently using a Vantage score, so you might not be looking at the same thing as a landlord or lender. Regardless of what you choose, you can see how good or bad your credit is and where to adjust to improve it. If you have debts with collection agencies you can contact them. Explain why you're in debt, for example, because you've been incarcerated. Say that you're sorting out your credit situation. Explain how much you can afford to pay each month. Ask them to freeze any interest and charges as long as you continue to pay the amounts you're suggesting. Keep the plan as low as you can as not to impact other payments you will have to make. Once you

have made a payment or two, your credit score improves. Slowly your credit will improve as you make steady payments on the date you and the creditor have agreed upon.

A good credit score opens many doors. It will play a strong role in your life and just maybe open the door to your new apartment.





# Life Long Learning Scholarship Award



A hearty congratulations to **Jeanette Voss** for applying for and receiving the Life Long Learning Scholarship to pursue her educational goals! She will use the scholarship to expand her knowledge at the job she will work at while completing her Associates in Social Work at Great Falls College.

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## ***Discerning Truth Series: Eat or Be Eaten***

By Raymond Berry; Noël Walker, ed.

Imagine waking up in a world where cannibalism is normal. Not just accepted, but celebrated. Everyone around you sees nothing wrong with it. Would you conform—or risk your life refusing?

It sounds like something out of a horror movie, but throughout history, cannibalism has been considered normal in certain societies. The question is: How could people believe something so extreme? The answer lies in the incredible adaptability of the human brain.

Our brains are wired to help us survive, and one of the ways they do this is through neuroplasticity—the ability to change and adapt based on experiences. This flexibility helps us learn languages, develop new skills, and adapt to different environments. But it also means we can be influenced by our surroundings in ways that might shock us.

If you were born into a cannibalistic society, your brain would likely normalize it. You'd hear respected leaders and elders explaining why it's necessary or even moral. You'd grow up watching it happen without question. Over time, your brain would accept this as reality, just as easily as you accept that the sky is blue. This is how powerful social influence and cultural norms can be.

This doesn't just apply to extreme examples like cannibalism. Human history is filled with examples of societies believing things we now know to be false or harmful. In the past, most people believed

the Earth was flat. Some cults have convinced members to give up everything they own—or worse. Even now, misinformation spreads like wildfire, leading people to believe in ideas that defy logic and evidence.

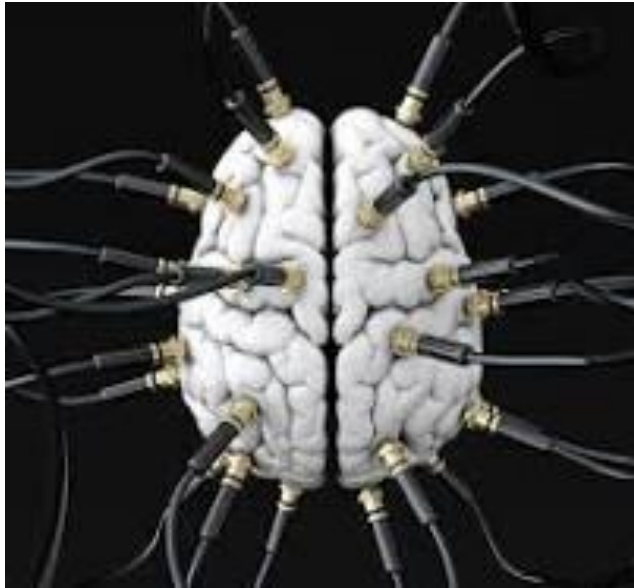
Why does this happen? Our brains are designed to fit in and survive. In a world where social acceptance often means life or death, our minds prioritize belonging over truth. If everyone around us believes something, we're more likely to believe it too—no matter how wrong it is.

This is why critical thinking is so important. Just because an idea is popular doesn't make it true. By questioning our own beliefs and where they come from, we can avoid falling into the trap of simply accepting what everyone else thinks.

Cannibalism may seem like an extreme example, but it highlights a powerful truth:

Our brains are flexible enough to believe almost anything if the pressure to conform is strong enough. To guard against this, we need to develop the habit of questioning, investigating, and seeking evidence—no matter how comfortable or popular a belief may be. Otherwise, we might just find ourselves eating up lies without a second thought.

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





## **Marching Into Health: The Luck of the Irish and Creating Your Own Luck Wherever You Are**

St. Patrick's Day, celebrated on March 17th, honors the patron saint of Ireland, St. Patrick. It symbolizes the arrival of Christianity in Ireland and is marked by parades, wearing green, and the iconic shamrock. Traditionally, the shamrock is seen as a symbol of good luck, but what if we could create our own luck in health?

### **RN Hunter**

As we journey through March, the excitement of St. Patrick's Day fills the air with a sense of fun, festivity, and the age-old belief in the "Luck of the Irish." While luck can sometimes feel like a whimsical notion, as a nurse working with correctional inmate residents, I believe we can take charge of our health and create our own luck by seizing opportunities for wellness, even in a constrained environment. This month, let's explore how we can embrace a healthier lifestyle and not pass up those lucky chances for better health.

### **Make the Most of Available Food Options**

While you may not have complete control over your meals, focus on making the healthiest choices available to you. Opt for fruits and vegetables when they are served, and consider portion sizes to maintain a balanced diet.



### **Utilize the Exercise Room**

Take advantage of the exercise room provided. Regular physical activity can greatly improve your physical and mental well-being. Whether it's lifting weights, using cardio machines, or participating in group activities, find a routine that keeps you engaged.

### **Prioritize Sleep!**

Luck often favors the well-rested. Aim to get adequate sleep each night, as good sleep hygiene can enhance your mood, improve cognitive function, and strengthen your overall well-being.

### **Stay Hydrated!**

Water is essential for health. Make it a point to drink enough fluids throughout the day, as staying hydrated supports bodily functions and can help prevent various health issues.

### **Mental Health Matters!**

Don't overlook the importance of mental well-being. Engage in activities that lift your spirits, whether it's reading, journaling, or participating in available programs. Your mental health is a key component of overall wellness.

### **Don't Pass Up Lucky Opportunities**

March is a month filled with opportunities to enhance your health, even within the confines of a correctional facility. Participate in organized activities, classes, or programs that promote wellness. These opportunities can lead to discovering new healthy habits and forming healthy connections with others.

As we celebrate the spirit of St. Patrick's Day this March, let's remember that while luck can play a role in life, the most significant impact comes from the choices we make. By embracing healthy habits and not passing up opportunities for wellness, we can create our own luck and lead fulfilling lives, even in challenging circumstances. So, let's wear our green, embrace the spirit of the season, and make this month a lucky one for our health!



# Resource Rendezvous:

Connecting You to Resources in Your Community

Karen Conley and Noël Walker



## FAMILY SOCIAL SERVICES

LOCATED  
AT: 527  
9TH AVE S

### HOURS & REQUIREMENTS

No referral required for assistance but must have ID and proof of residence in Cascade county.

Manday - Friday 10:00 am-3:00 pm  
Closed every day for lunch 12-1 pm

### SERVICES OFFERED

- Client choice Food pantry
- Homeless Packets
- Clothing & Household goods vouchers (received at Family Services, redeemed at our thrift store location 616 1st Ave NW, M-Sat 10am-6pm)

- Emergency Utility Assistance
- Emergency Rental Assistance
- Emergency Disaster Services (Mobile Food Service Canteen)
- Referral to other agencies

All Services depend upon available personnel & financial resources

You probably already know The Salvation Army has many programs available to the public. As part of their outreach, they boast a food bank, clothing, vouchers for the homeless, and furniture. However, as an agency, The Salvation Army is so much more. They have programs to assist with utilities, rent, disaster relief, and even an After-School Program available for free to low-income families that features transportation from school to their facility. And, that is just here in Great Falls. Around the country, and even around the globe, The Salvation Army has consistently worked to make life better for those in need.

Our own Karen Conley, CTS on Women's Campus, was kind enough to share about how the Salvation Army and its outreach and ministry shaped her life. In fact, if it were not for the Salvation Army, she might not even be here. In 1865, a Methodist minister named William Booth saw the poverty that people were suffering in the slums of London. In those days, people could be sentenced to labor prisons simply for being poor. He saw people living in squalor on the streets and sleeping under the East London bridge, and he knew then that wishing for change wouldn't be enough. He needed to become the change. That same William Booth, while walking the streets of London, patted Karen's grandfather, then a boy, on the head. This brief interaction was so meaningful to her grandfather that a path of service was paved that continued across generations to Karen. The Salvation Army structured like the military, with soldiers as the congregation, and officers holding positions of leadership. There is only one general in the whole agency, yet one of Karen's relatives on her mother's side served as the General. Additionally, her grandmother on her father's side was taken in by a member of the Salvation Army after her parents died. Karen and her late husband even served as Captains.

Over the years, The Salvation Army has worked tirelessly to provide a service to whoever needed it. For example, a group of women volunteered to travel to the various battlefronts of World War I, serving doughnuts on the front lines, often using improvised ingredients and tools. Move forward to World War II, when The Salvation Army, through its Naval and Military League (also known as the Red Shield), provided vital support to military personnel and their families by offering practical help, spiritual guidance, and recreational activities to the families of those serving overseas. They also sent members to follow the advance of Allied troops, offering items like tea, chewing gum, soap, toothpaste, and sewing kits to the soldiers.



From its earliest creation, The Salvation Army has worked tirelessly to do good. They are built on the words of Jesus when he said, “Whatever you did for one of the least of these brothers of mine, you did for me” (Matthew 25:40). They do not discriminate, not even on the basis of religion. If you need help, they exist to give it.



## The Drug Report Presents: The Friday Fact

Your source for the latest news in drug policy. Scan for more news.



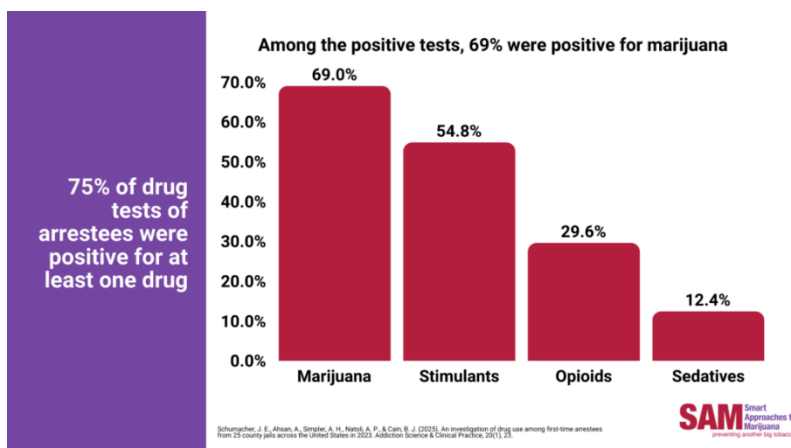
A recent **study** in *Addiction Science & Clinical Practice* analyzed 43,553 urine drug screens (UDS) that were given in 25 jails in the United States in 2023, finding that 75% tested positive for at least one drug. Among the tests that were positive, 69% were positive for marijuana, 55% for stimulants, 30% for opioids, and 12% for sedatives.

The study found that “adolescent and young adult arrestees produced significantly more positive UDS results than expected for cannabis, while adult and senior arrestees produced significantly fewer positive results for cannabis than expected.” Additionally, “White and Asian arrestees produced significantly fewer positive UDS results for cannabis than expected if there was no effect of race, whereas Black arrestees produced significantly more.”

The methodology noted, “drug use was studied only among arrestees self-reporting drug use, believed to be at risk for withdrawal, possibly in need of detoxification, and who agreed to submit a sample for [urine drug screen] within the context of this carceral healthcare delivery system.” Thus, the results are not representative of the entire population of those involved with the criminal justice system.

The authors explained that “jails can serve as vital healthcare touchpoints by implementing evidence-based interventions such as medication for opioid use disorder (MOUD), standardized withdrawal management, and routine substance use screening.” They added that jail-based screening and treatment programs can act as a “pivotal entry point for broader substance use treatment.”

Recognizing that the prevalence of drug use among arrestees is significantly higher than the rate among the general population, the authors concluded that “jails play a critical role in addressing drug use within communities by providing healthcare services that include screening, assessment, withdrawal management, and in-house treatment programs.”





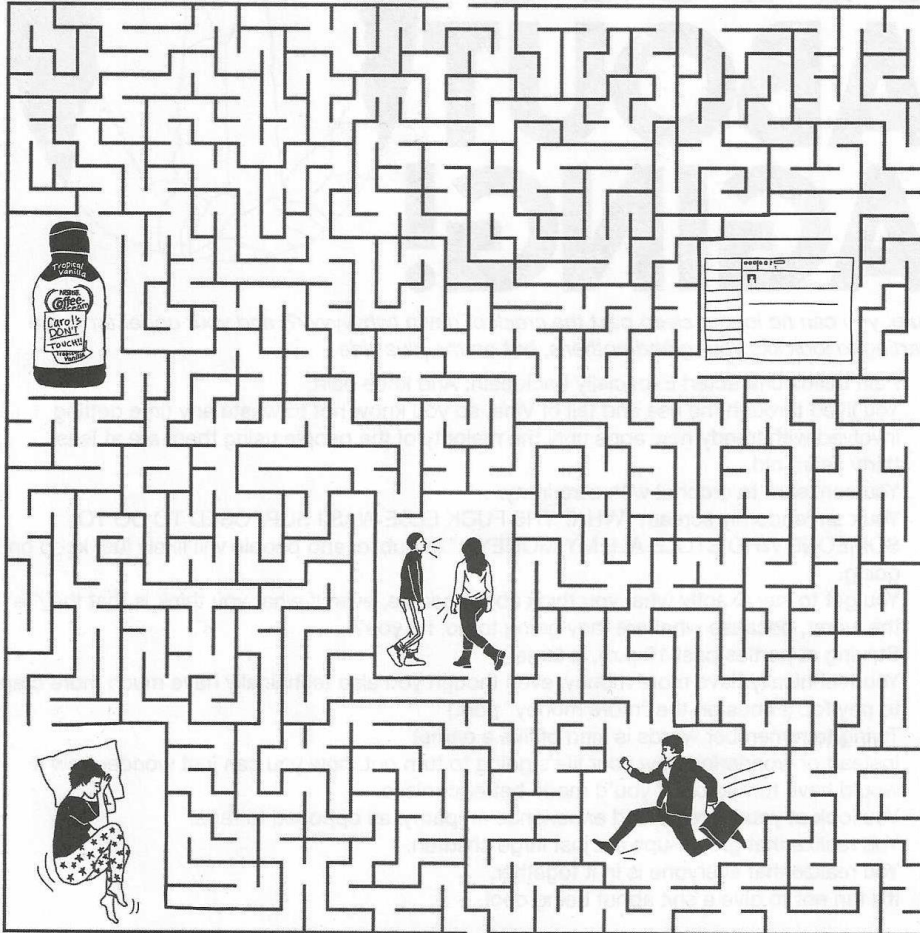
# Meditations from Robin's Nest

Robin Castle

## GET THROUGH THE WORKDAY WITHOUT APOLOGIZING!

AVOID ENTERING A DOOR WHILE SOMEONE IS EXITING! OVERSLEEPING! FORGETTING TO BCC! USING CAROL'S SPECIAL COFFEE CREAMER SHE BROUGHT FROM HOME! BEING LATE FOR YOUR OWN MEETING!

START



END



**It is not the light that we need, but fire: it is not the gentle shower, but thunder. We need the storm, the whirlwind and the earthquake.”**

**~Frederick Douglass, 19<sup>th</sup> Century Champion of Civil Rights**



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# Fun Facts to Know

Jeff Barnhart

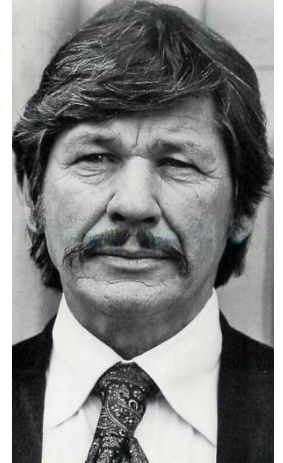


We know him as **Boss Hogg** from *The Dukes of Hazard*, but did you know that Sorrell Booke spoke 12 languages - including Korean, Chinese Japanese and Russian? He served as a counterintelligence officer in the Army during the Korean War. The guy was a legitimate war hero and genius! God Bless this American original.



Born Charles Dennis Buchinsky in Johnstown, Pennsylvania, **Charles Bronson** worked as a coal miner before enlisting in the Army Air Forces.

He was one of 15 children born to a Lithuanian immigrant father. Bronson served in the United States Army Air Forces during World War II as a B-29 aerial gunner. He flew 25 combat missions over Japan and received a Purple Heart for wounds sustained in battle. He went on to become a classic "tough man" in American film, starring in movies like "The Magnificent 7" and "Once Upon a Time in the West."



Besides being a famous actress **Hedy Lamarr** was an Austrian-American actress and inventor who pioneered the technology that would one day form the basis for today's WiFi, GPS, and Bluetooth communication systems. As a natural beauty seen widely on the big screen in films like *Samson and Delilah* and *White Cargo*, society has long ignored her inventive genius. She had to wait until 1997 before The Electronic Frontier Foundation jointly awarded her with their Pioneer Award. She also became the first woman to receive the Invention Convention's Bulbie Gnass Spirit of Achievement Award. Although she died in 2000, Lamarr was

inducted into the National Inventors Hall of Fame in 2014 for the development of her frequency hopping technology. Such achievement has led Lamarr to be dubbed "the mother of Wi-Fi" and other wireless communications like GPS and Bluetooth.

**Julia Child** is probably best known for bringing French cuisine into America's mainstream. But, few know that before she became a cooking icon she had a dynamic career as an intelligence officer. She was born in Pasadena, Calif., on Aug. 15, 1912. Arriving at Smith College in 1930, Julia was an active student throughout her college career. She was a member of the Student Council, played basketball, and worked for the Dramatics Association. Julia experienced her first culinary



moments in college, as chair of the Refreshment Committee for Senior Prom and Fall Dance. After graduating from Smith in 1934, Julia wrote advertising copy for W. & J. Sloane, a furniture store in New York City.

Soon after the United States entered World War II, Julia felt the need to serve her country. Too tall to join the military (she was 6'2"), Julia volunteered her services to the Office of Strategic Services (OSS), which was the forerunner of today's Central Intelligence Agency. She was one of 4,500 women who served in the OSS.

From 1944-1945, Julia was sent overseas and worked in Ceylon, present day Sri Lanka, and Kunming, China. During these last two years in the OSS, Julia served as Chief of the OSS Registry. Julia — having top security clearances — knew every incoming and outgoing message that passed throughout her office, as her Registry was serving all the intelligence branches.

### March inventions patented in March

**Telephone:** Alexander Graham Bell patented the telephone on March 7, 1876. Bell made the first phone call to his assistant, Thomas Watson, shortly after receiving the patent.

**Cotton gin:** Eli Whitney patented the cotton gin on March 14, 1794.

**Strowger switch:** Almon Strowger patented the automatic telephone exchange in Kansas on March 10, 1891. This switch helped automate telephone lines.

**Washing machine:** Nathaniel Briggs patented the first washing machine (pictured right) on March 28, 1797.

**Rubber band:** The rubber band was invented on March 17, 1845.

**Silly Putty** Invented on March 6, 1950, this toy can be stretched, pulled, and used to copy comics.

**Monopoly** Invented on March 7, 1933, this family board game has many different versions and special editions.

**Other notable events in technology history that happened in March include:**

An Wang sold the core memory patent to IBM on March 4, 1956.

Netscape announced its third-generation browser on March 10, 1997.



**Jeff Barnhart**

Facility Services Director

BE SAFE

**PRE-RELEASE PRESS**

**Editor:** Noël Walker



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 **Noel 455-9346** [noel@gfprc.org](mailto:noel@gfprc.org). Any suggestions are also appreciated.

# Fun and Games

## Saint Patrick's Day Word Search

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

♣ Blarney Stone	♣ Ireland	♣ Patrick
♣ Cabbage	♣ Irish	♣ Penny
♣ Clover	♣ Leprechaun	♣ Pot of gold
♣ Corned Beef	♣ Luck	♣ Rainbow
♣ End	♣ Paddy	♣ Shillelagh
♣ Green	♣ Parade	♣ Whistle



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off the mark .com by Mark Parisi



Take the quiz to find out how Irish you are!

