

## Resident Recognition



**Douglas Hopkins-Red Eagle** passed his HISET and is doing well in his job even though they have transferred him around to different departments. He has some good plans for the future including higher education for diesel mechanics and welding. He is reconnecting with his children and talking with his wife. He will be moving back to Helena to pursue college and spend time with his kids. He is running a positive program here at Great Falls Pre-Release.

**Gary Bayne** has done a fabulous job with the program. He is always upbeat and positive. He takes his job at Rocky Mountain Treatment Center very serious and enjoys helping others. He's always the first to help others out in the center.



**Trinity Hatico** (no picture) has successfully managed this program with no issues. Currently, he works at Liggett Construction and attends a welding class. His daily schedule is demanding, working from 6 a.m. to 5 p.m. and attending classes from 6 p.m. to 10 p.m., totaling 15 hours. He remains committed to his meetings which showcases remarkable dedication.



**Jason Bianconi** makes it a point to help others. I have seen him offer advice to new residents, help them navigate the bus routes, even offer up an old bus pass he had with a few rides left on it to help another resident who was struggling physically. He jokes with people, but is able to negotiate fun and games with staying appropriate. He just brings light with him wherever he goes.

**Chandris Woods, Jessica Garrett, and Destinee Hardesty** are always happy and excited to say hello to us when we see them. They share updates whenever they occur and they are excellent examples for the other residents here on Women's Campus. These three women are running excellent programs and we will most definitely miss them when they go, but we are excited to see how well they will do in the future.



Woods      Garrett      Hardesty

## Resident Recognition



In all my interactions with **Ehren Hudspeth**, he is ALWAYS polite and respectful, not just with me but with the CO's and other staff. He has a positive attitude whenever I see him in the center. That goes a long way with me.

**Randall Everybodytalksabout** (no picture) is an awesome resident. He is always kind, respects staff, keeps to himself, and has an upbeat positive attitude.

**Alberto Hernandez** is a resident with huge ambition and drive. He set his mind on completing the Commercial Driver's License course and is well on his way to accomplishing this aspiration. He passed the Department of Transportation physical and completed the classroom time. He now has his CDL driving permit and is working on the mandatory driving time. He is putting the past behind him and is completely focused on a positive future.



**Robert Elder** (no picture) is an exceptional individual. He arrived at the Center on February 2, 2024, and is set to be released on December 5, 2025. Even with that amount of time, he keeps an optimistic outlook. Mr. Elder has a self-assured attitude and interacts positively with staff and peers. He greets everyone with a smile and sincere self-confidence. We could all take a lesson from his playbook about self-assurance and looking at situations confidently rather than failing. He does not let his past define him. If you have the opportunity to interact with Mr. Elder, it will surely make your day better.

### Missing Man (or Fallen Comrade) Table

### SANDRA'S CORNER

Each item on the table represents the emotions and feelings reserved for those who did not come home. The ceremony symbolizes that they are with us, here in spirit. All Americans should never forget the brave men and women who answered our Nation's call to serve and fought for our freedom with honor.

#### The symbolism of the Missing Man Table:

The **table** is round, to show our everlasting concern for our missing men.

The **cloth** is white, symbolizing the purity of their motives when answering the call to serve.

The **single red rose**; displayed in a vase, reminds us of the lives of these Americans and their loved ones and friends who keep the faith while seeking answers.

The **red ribbon** symbolizes our continued determination to account for our missing.



A **slice of lemon** reminds us of their bitter fate; captured and missing in a foreign land.

A **pinch of salt** symbolizes the tears of our missing and their families who long for answers after decades of uncertainty.

The **lighted candle** reflects our hope for their return, alive or dead.

The **Bible** represents the strength gained through faith to sustain us and those lost from our country, founded as one nation under God.



**Sandra Bearchum**

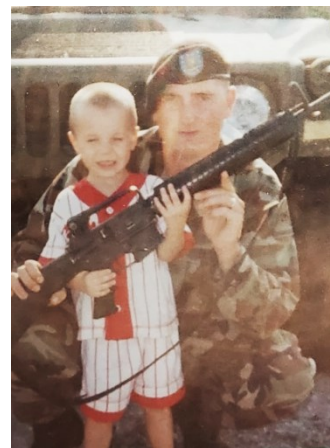
## A Salute to our GFPRC Staff Veterans



**Alan Scanlon** served in the Air Force for 7 years as a Food Service Specialist. Both of the dining halls he worked in won the award for best dining hall in the Strategic Air Command. Alan served in Guam for 3 years where the temperature never got below 80 degrees. Great Falls welcomed him with 30 below. "I am very proud to have served my country."



**Jeff (Barney) Barnhart** served in the Air Force from 1966-1991. He started out as a bomb handler in Vietnam. He was then assigned to law enforcement and security for 18 years. After that Jeff worked on the nuclear grounds where he is pictured on the left. His last job was that of Flight Safety Officer and retired as a Master Sergeant. "I was proud to serve during the times I was in."



**Chris LaRouche** served in the Army for 3 years as a Cavalry Scout. He was stationed at Fort Knox, Kentucky and Camp Hovey in South Korea.



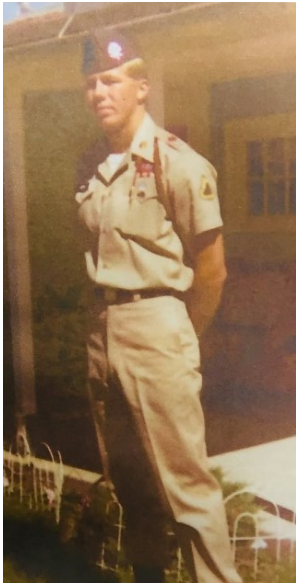
**Sam Witherite** served in the Air Force from 1984 – 2005. He was in Security Forces. Sam was stationed in Belgium (his favorite), Saudi Arabia, Germany, and Great Falls. "I had a good time and would do it again."



**Ray McClelland** served in the Navy as a Broadcast Media person and a recruiter. Commands included the USS Nimitz, USS Theodore Roosevelt, Joint Forces Command Djibouti, and Navy Recruiting Great Falls. "I will always cherish my time. I made good friends, traveled, received an education and discipline."



## A Salute to our GFPRC Staff Veterans



**Robert Kemp** served in the Army 82<sup>nd</sup> Airborne Division from 1970-1972. He made 55 jumps and was assigned to the Artillery 105 (cannon).  
“I was drafted and it was a good experience. I was a Sergeant and you may salute me!”



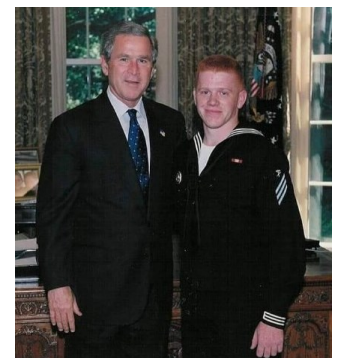
**Ryan Konecny** served in the Army for 10 years as an engineer. He deployed twice.  
“I liked the camaraderie and being able to travel.”



**Kayla Williams** served as an active duty Air Force Officer from Sep 2015-Jul 2021. She is currently serving in the Air Force Reserves as an O-3 (Capt). She served nearly 6 years as a Missile Operations Officer (Missileer) at Vandenberg, Minot, and Malmstrom AFBs. Kayla is a Reservist out of Minneapolis Air Reserve Station and is slotted as the Security Forces Operations Officer. She is detailed to the Force Support Squadron as the acting Operations Officer. She will meet the Major promotion board in January.



**Joe Marten** served in the USN Seabee's for 7.5 years (but we don't claim the Navy). “My first actual duty station was at Camp David (Presidential retreat). It was there that I took even more pride and motivation to serve our country, as I personally experienced 9-11 and the aftermath. I remember when I received word that the 1st tower had been hit, I immediately returned to camp and sat at the LZ for the following days as many helicopters came and went. So much more I could say about those horrible but influential days. I got to meet the President, among other top people in our government as well. After Camp David, I returned to NMCB 3, where I deployed to many different locations. Some good and some bad. I definitely miss the camaraderie/family atmosphere and would do it all over again if I could.”



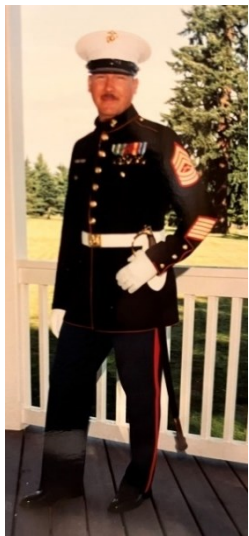
## A Salute to our GFPRC Staff Veterans



**Dan Goetschel** enlisted in the Montana Army National Guard in 2007 and discharged in 2023. “Over my 16 years, I served as an 11B Infantryman for 11 years and spent 5 years as a 19K Tank Crewman. I had one Tour of Duty from 2010-2011, and was stationed in COB Adder in Iraq. During my time in service, I advanced to the rank of E5, Sergeant.”



**Mark Rollins** is pictured here working the dog Nero. “I was in the Air Force for a little over 21 years. My jobs included Military Working Dog handler, MWD Kennel Master, and Base Law Enforcement and Weapon Storage Area Flight Sergeant.”



**Dave Van Hovel** served in the Marines from 1977 to 2009 (32 years!) in various positions and duty locations. “My favorite duty location was Company B, 4<sup>th</sup> Reconnaissance Battalion, Billings, Montana.



**Bryce Bauer** served in the Marines for 8 years. He was a Sergeant and worked with the 5811 Military Police. He liked the camaraderie of the Marines.



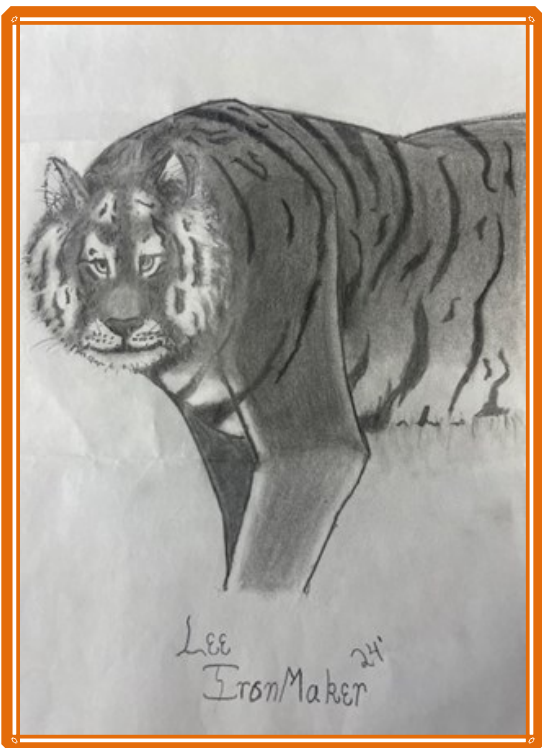
**David Hadcock** served in the Marines for 4 years as a Rifleman. He deployed to Iraq and was stationed at Camp LeJuene, North Carolina. David said his favorite part of being in the Marines was the camaraderie.

## A Salute to our GFPRC Staff Veterans



**Tom Dwyer** served in the Army from 1983 – 1992. He started out in Oklahoma in Artillery. “I got to repel out of helicopters, which was a lot of fun!” He was stationed in Germany where he worked building nuclear weapons and also met his wife. He later transferred back to the US to Kansas where he worked Military Police. After retiring from the military Tom and his wife moved back to her home country of Germany where they lived for 20 years.

**Jim Kist** served active duty in the Air Force from June 2005 - November 2015. In the Air Force he was a Personnelist stationed at Biloxi, MS, when Hurricane Katrina hit the Gulf Coast, and was also stationed at Mountain Home, ID. From 2008 - 2010, he served in a Special Duty career field as a Military Postal Clerk stationed in Okinawa, Japan. He finished up his career stationed at Malmstrom AFB, MT, as a Case Manager for the 341st Operations Support Group. During his time he was also deployed twice. In 2007, he was deployed during Operation Iraqi Freedom stationed at Balad ABS in Iraq and in 2009, during Operation Enduring Freedom he was deployed to Manama City, Bahrain.



Art by **Lee IronMaker**



**Andy Fisher** beading. He made this beautiful barrette.



## Brianna Four Colors – Honors Member

By Noël Walker



Upon first walking through the doors, Brianna Four Colors had a goal in mind. She knew she wanted to find fulfilling work, continue working on her HiSET, and that she wanted to do her best while here. She has done exactly that.

When asked about her job at The Rainbow, she said, “I love working; I love working with the old people. Some of them have really interesting stories. They are just lonely. I just comfort them, show empathy.” Every night is something different, she said. Working evenings is an adventure; it isn’t the easy shift others think it is. Indeed, Ms. Four Colors laughingly stated, “that is when the party starts.” She told a story that happened recently when one of the elderly gentlemen residents decided to take a walk in nothing but his boxer shorts. He needed to be ushered back to his room in a way that didn’t cause him undue embarrassment or upset, which, of

course, she was able to do. Brianna spoke of wanting to honor the dignity of her elders. She spoke specifically about her family and seeing how they are all aging, and that she sees her work as training for when her family needs additional care. She wants to bring a level of compassion and understanding to the care of others that she would expect for her own loved ones, even on days when it is emotionally difficult.

One can’t work in the healthcare and aging industry and not see how life plays out for others on a grand scale. And this isn’t the first brush she has had with the harsh stories of others. During our interview, Brianna opened up about some of her struggles when she was younger. She spent a lot of time with the non-profit organization, Tumbleweed, in Billings. Living on the streets, Tumbleweed, which works with runaways and at-risk youth, offered her the chance to get a shower, a meal, and someone who cared about her enough to help her. “They tried to help me a lot, but I didn’t let them.” Not only that, but she talked about seeing other kids her age who needed help. “I would take them with me to Tumbleweed, introduce them to the workers. I knew they wanted help, so I would take them to the help. Some would come out and stay sober. Some would not, but I would see some of them and they would thank me for my help. That was really inspiring for me.” It was inspiring for the workers at Tumbleweed, too. In fact, Brianna was invited to come speak at the Center. She is a success story with the opportunity to reach others who are in the same place she was all those years ago.

In addition to striving toward mending her present and her past, Brianna has been laboring to create a better future for herself and her son, Warrior, who is 7. From the very first opportunity, she has been working hard at knocking out her HiSET goal. Passing her Math test was a large obstacle, but she worked consistently, even helping me refresh my geometry principles and was successful at the goal she set for herself. She is a fixture in the library, and has been for months, steadily chipping away at obstacles, building confidence and skills to tackle her few remaining tests. When asked what her goals are after she finishes her HiSET, she said she wants to look at college courses, Psychology or Social Work. “I would like to work with teenagers grappling with early addiction.”

I asked Ms. Four Colors what drove her to be as productive as she has been. She said, “Marty Shane inspired me to continue my HiSET and apply for Honors...we were on the streets together in Billings. To see him go from that to the success he has now, that really inspired me.” She said she has seen his articles in the Newsletter and has been driven to reach the same level. So much so, when she saw he had made Honors, she went to her CTS, Karen, that same day to ask what she needed to do to make the program.

## Brianna Four Colors – Honors Member - continued

By Noël Walker

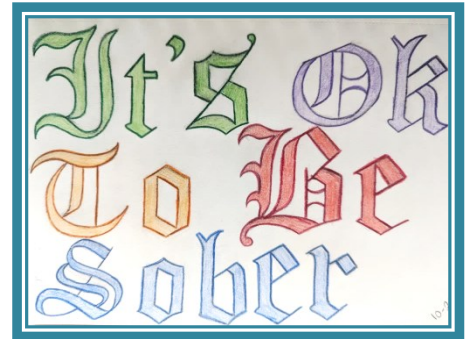
Now that she has been accepted, I asked her what she wants to do with the, well, honors that come with being in Honors. With her typical quiet reserve, she said, “I would like to take longer walks.” In fact, when I asked her about her hobbies, she said she really enjoys calligraphy. She will draft out a design for a word or idea that strikes her in the moment, and like exorcising demons, she will pore over the design in the drafting then coloring process until she feels empowered over or empowered by it. While it is a springboard for her creative expression, her hobby has also been a way for her to make friends, drawing the names of fellow residents in her favorite ornate style.

Speaking of friends, I asked Brianna what advice she would give to someone freshly arrived at the Pre Release. Her advice was simply given: “Work your program, mind your ps and qs, and just do as you’re told. If you have to, stick to yourself. You are not here to make friends; you are here to work on yourself.”

And, that is exactly what Ms. Four Colors has done. Her eyes have been consistently forward-facing. Her main priority upon her release is her relationship with her son. She talks with him daily, she said, and looks forward to working on being reunited with him fully. She went on to talk about a quote she’d heard that resonated with her: “The person you are now is the person you would be comfortable with as a kid.” “I think that is true,” she said. “My son is comfortable with me. He talks to me about everything.” She said even when time would pass between them getting to talk, it would be like no time had passed. Their openness is free and natural.

With the perspective she carries of time passing through working with the elderly and seeing her son get bigger, I asked Ms. Four Colors what would be different about her when she walked out of here. With her quiet, calm demeanor she smiled and said, “I won’t be chasing that drug. I’ll be chasing my dreams.”

We are so proud of you, Brianna. I am proud of you.



### Dear GFPRC Residents,

This time of year is often about reflecting on what we're grateful for, and I want you to take a moment to consider the strengths you possess, the resilience you've shown, and the positive changes you're making. Even in challenging circumstances, there is always something to be thankful for.

**Heidi Hunter, RN**

I'm here to remind you that you are not alone in this journey. The GFPRC staff are here to support you in any way we can, whether it's through healthcare needs or simply a listening ear.

Please know that we believe in your potential for a brighter future, and we are here to help you navigate the path ahead.

Wishing you a peaceful Thanksgiving,

RN Hunter





## Onwards and Upwards

By Noël Walker



I would like to issue a MASSIVE congratulations to Resident **Douglas Hopkins-Red Eagle** for all his work preparing for and completing the HiSET exam. I won't give specifics, but anyone looking to beat his record is going to have their work cut out for them.

When I sat down to talk with him about the fulfillment of his goal, he opened up about why it was so important to him to complete this hurdle. He said, "I feel like I never really gave myself enough credit when I was younger." He saw completing this part of his education as invaluable to show his children, that his actions can show his kids that education is important and with work and dedication, "they can become what they want."

Indeed, family is a huge part of Resident Hopkins-Red Eagles life. He is very close to his father, who is college educated. His father is an expert in Native Languages, fluent in Dakota and Lakota, and is nearly fluent in Nakota. His father has held numerous educational seminars across the U.S, even hosting events at Great Falls' very own C. M. Russell Museum, highlighting the importance of cultural preservation and the perseverance of heritage.

In addition to his own father, Douglas is father to three daughters and a son. They and his partner mean the world to him. He and I have spoken at length over the course of his studying and testing. He has shared how much his culture, his life, and his family all mean to him, and how important it is to share with his family. He says that his life before was so busy, always working, doing, going. He looks forward to being able to utilize the perspective he has gained to settle into his life, to find the space to breathe in the peace of fulfillment instead of always chasing the hours. Some of that includes working toward the future, of course, but also just pursuing the things he enjoys, like reading, hunting and fishing. He mentioned he also enjoys tracking and is eager to put that toward a new hobby of trapping. More than anything, though, he is looking forward to passing those skills on to the next generation.

Over the course of our discussion, "passing the torch" was common thread. Douglas is passionate about helping others. Part of the motivation to complete this goal is that he knows it is a step in the direction of giving back to his community. He is already researching college programs in Diesel Technology. As of now, he is torn between an Associates in Applied Sciences from Helena College or a Bachelors from MSU Northern in Havre. If he opts for Helena, which is where his family is, he will expand his AAS with a Certificate of Applied Science in Welding. He isn't worried about the investment of time. His focus is more on how his studies can help others in his community. Indeed, his ultimate goal is to have his own business, creating jobs on his reservation. He said, "It's not going to be just making a big brand name; it is going to be about having someone you trust you can go to."

For Mr. Hopkins-Red Eagle, everything is connected: the community he comes from, where he has been, his life, his future. With a stoicism I have come to recognize as fundamentally him, he offered the following advice to anyone on the fence about their education: **Don't be afraid to ask for help. You are worth it, worth doing it for yourself.**

**From the Great Falls Pre Release as well as the Career and College Readiness Center, you have been a role model for others. We are all so very, very proud of you!**

## Discerning Truth Series Is Mexican Food Really the City's Favorite?

Imagine you're out to discover your city's absolute favorite food. After all, who doesn't want to know if tacos beat out pizza, or if sushi takes the top spot over burgers? You decide to hit the streets and ask people about their favorite foods, but there's a twist—you only ask people who are already eating at a Mexican restaurant. Surprise, surprise! Most of them say, "Mexican food!"

Now, based on this, you proudly announce that Mexican food is the city's favorite. But wait—does that really tell the whole story?

Let's think this through. By only talking to people at a Mexican restaurant, you've left out all the fans of pizza, spaghetti, sushi, and fried chicken who are eating at different spots around town. The result? You end up with a lopsided view that only makes sense if you ignore everyone who didn't set out to gorge on enchiladas or burritos at that very moment.

This isn't just a restaurant problem—it's something people do all the time. "Ford is the best because it's all my family drives." "All my friends agree with me, so I know I am right." If you're only looking at information that backs up what you already believe (like only asking people who are already eating Mexican food), you end up with a biased view that doesn't really represent reality. It's like saying the city loves rain just because you happen to interview people standing under umbrellas on a stormy day!

### Cherry-Picking

#### Data



This trick of looking at only part of the picture is called "cherry-picking." You are reaching high and low, only selecting the tiny bits of fruit that look the best to you, ignoring the bits you don't want to acknowledge. So next time, before making a big announcement about what is the best option for cars, clothes, shoes, leadership, or, of course, food, try talking to a variety of people, no matter what they're eating. You might find that the picture is much more flavorful—and accurate—when you take everyone's tastes into account!

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

## Inmate Worker Completes 180-day Program and Transfers to Resident

By Brenda Demers



**Derick Vigil** has two speeds: zero and one hundred. The zero is relevant during those times when he is keeping to himself away from the distractions of the outside world, resting his mind and body. The one hundred is exhibited with his drive and dedication to whatever he is focused on at the time.

Derick craves learning, and he fulfills that need by reading, studying theology and philosophy, and by listening to TED talks. He explained that he wants to find the answers for himself. "Any time you want to believe in something bigger than yourself, you can't take someone else's words for granted, or you can't discount them without getting the full picture. It doesn't make sense to only believe what's popular." His studies confirm that "there is definitely something bigger than ourselves." Derick believes Christian doctrine has evolved

## **Inmate Worker Completes 180-day Program and Transfers to Resident** - continued

By Brenda Demers

throughout the years, parting with some of its important original roots. Instead of being a hypocrite, Derick tries to show people what faith looks like by treating them with respect. He commented, "You have to have some kind of faith, because without it, where's the hope?"

Derick is also musically talented. He remembers singing as a young boy, later performing in the honors and show choirs. People would tell Derick that he could sing, but that he wasn't a musician. He proved them wrong by teaching himself to play the piano and the guitar. He explained that chord structures are the basis to playing both instruments. Derick said, "Music is my thing. It keeps me in my Zen place." Derick said he listens to a lot of music, but focuses mostly on Christian.

Derek's life began in a farming community outside Salt Lake City. He described his home time as "rough". He was 13 when his parents divorced, and he accepted the opportunity to live with his grandmother in Salt Lake City. Nutrition Science piqued his interest, so after high school he obtained a degree in dietetics. His ultimate goal was to be a personal trainer but, as Derick put it, "I kept getting incarcerated." Derick reminisced, "I used to be super fit. I was an amateur skateboarder." Then there was the accident. "I was at a longboarding event on Wasatch Boulevard that was raising money for a children's charity. I hit a rock causing a speed wobble, and as I bent down to grab the board I slammed into a brick wall. I shattered both arms and fractured the bones in my face. I was in the ICU for 3 months."

Derick said that as a teen and young adult he dabbled in pain meds. When he was in his mid-20's a friend introduced him to heroin, "and I never looked back". Derick is 40 years old now, and he said he has been clean for 2 years. He stated that he's been to 5 pre-releases since 2012, and he doesn't want to do any more time. "I'm grateful to be out in the community and making money. It's nice to jump on a bus and head to work and talk to everyday people with everyday problems." Derick commented, "At the end of the day I'm sure everyone is fighting for something, and some may just be going through the motions. Unfortunately, you are who you hang out with."

Derick described being an inmate worker as humbling. "I struggled at first; I felt caged, frustrated, separated. To become comfortable with the concept of not making money is a humbling experience. I had to find another motivation. I was determined to overcome it. I knew it wouldn't do any good to be upset or bitter. I went to work every day and made the best of it. I knew I had to work for it if I wanted to complete the program."

Now Derick is excelling at his job as a server where his employer respects and values him. After he discharges, he has his heart set on going back to bartending where he can meld his passions for science and socializing. As an artist, he loves creating the drinks and as a social person, he enjoys meeting people and hearing their stories. He's not sure why, but he had found that children and dogs especially are drawn to him.

Derick didn't feel in a position to give advice. He said, "Advice would be silly because I'm in the same position as everyone else. I don't want to be put in a position to be above or below anyone else."

## YOUR MENTAL HEALTH

# What is seasonal affective disorder?



**Robin Castle**

**Licensed Clinical Professional Counselor**

**455-9333 robin@gfprc.org**

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

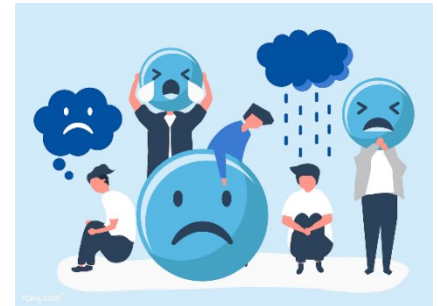
In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

## What are the signs and symptoms of SAD?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts



For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

Winter-pattern SAD should not be confused with “holiday blues”—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

**HALLOWEEN**



**Kayla Williams**



**Brittany Engram**



**Noël Walker**



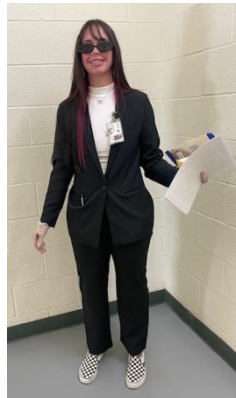
**Kenneth Oschmann**



**Jeff Barnhart**



**Ryan Konecny**



**Casey Babinecz**



**Karen Conley**



**Cheryl Haynes**



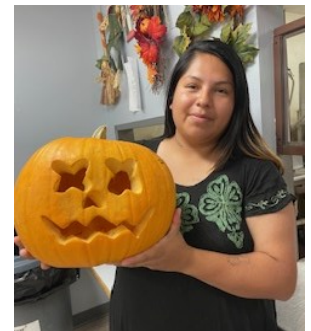
**Carved by Forrest Parry**



**Carved by Kerri Eversole and Katrina Brady.  
Modeled by Crystal Moreno**



**Carved by Andy Fisher**



**Carved and modeled by  
Brianna Four Colors**



## Compliance Officers - Thank you!

Thanksgiving is the time I can re-center myself on all the blessings of life and the people who do so much with so little recognition. This Thanksgiving season I have been pondering the great contribution of the staff at GFPRC and especially our Compliance Officers. I wish to share a great big THANK YOU to my Compliance Officer colleagues who keep us safe every workday. Here are my 5 reasons I am thankful for Compliance Officers on Thanksgiving:



Heidi Hunter, RN

### **REASON #1: They have our backs**

Compliance Officers protect us while we work. In a profession of escalating workplace violence, correctional nurses have a lot of protection – much more than counterparts in traditional settings. Nurse colleagues working in emergency or BHU may be taking care of a patient population with a similar violence demographic, but they often have much less protection.

**Thank you for keeping me safe.**

### **REASON #2: They are healthcare colleagues**

That's right, compliance officers collaborate with correctional nurses about many health issues and are often the first to contact nurses about a medical or mental health situation. I appreciate the emails received from our CO's to assist our residents when you have a concern or send me a heads-up on a health concern.

**Thank you for working together with me toward a common goal.**

### **REASON #3: They know the same professional stigma**

Correctional nurses know “that look” from a new acquaintance or fellow professional when they find out we work in a correctional setting. Although this is changing, there is still a stigma to working in the correctional setting. Correctional staff & Compliance Officers have that same stigma in the criminal justice system. Police, State Troopers, or the Feds sometimes stigmatize our CO colleagues. It is important to take pride in our profession.

**Thank you for choosing to be a Compliance Officer!**

### **REASON #4: They are invisible to the public**

Many of our neighbors don't even know that nurses work in jails, prisons or pre-release centers. The public would prefer to remain unaware of the thousands of people locked away in the criminal justice system or residing in transition programs. The invisible nature of incarceration hangs a long shadow over those who work in all types of correctional facilities as well.

**Thank you for keeping the public safe even when they do not want to know about it.**

### **REASON #5: They are probably working this holiday, too**

When I decided to build a career in nursing, I knew I would be working days, nights & of course weekends. What I didn't realize was how much we surrender when working on Holidays. Irreplaceable moments with family and friends are forever sacrificed. Our Compliance Officers pull duty 24/7 to keep our staff, residents and the public safe. This is easy to forget when we sit down to our Thanksgiving bounty, football games, family moments and activities that fill our Holidays.

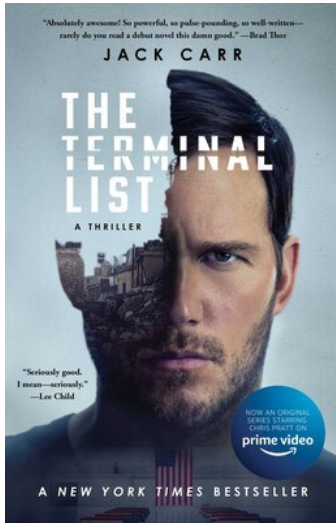


**Thank you for keeping us all safe while we celebrate.**

## EDUCATION



Noël Walker  
Education Coordinator



It has been a boppin' month in the Education Center! For those of you who are like me and use where things are located as a way to remember, you might notice that I have rearranged the military and general fiction areas into one big section. Part of that was to access extra space and to make room for new books because I am actively trying to beef up the library with new donations. With that in mind, coming this month is the first five books in the "Thriller" series by Jack Carr. If you have watched the show, *Terminal List*, on Amazon Prime (starring Chris Pratt), you will know what I am talking about. If you haven't seen the show yet, get thee hence and do thusly!! It's a great show. Or, you could, you know, read the books, which I have heard are far superior to the television adaptation. Either way, I hope you will forgive me moving stuff around and making it harder for you to find that one thing you wanted to read that was on the second bookcase, third shelf down, fifth from the right.

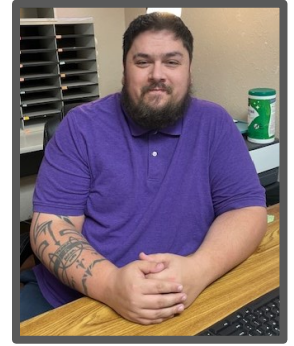
CONGRATULATIONS to Resident **Jerome Bigknife** on completing his HiSET. He knocked his final test out easily to complete his goal. **It's been quite a few months in the making, but he wants everyone to know that if he can do it, you can too** (those are his words, not mine, I swear).



**Artwork by Ernest Reynolds**

## STAFF MEETS

**Dillon Lane:** Hello all, I have been married for over 4 years with two children ages 15 and 4. My family is one of my inspirations for success. I started my professional work history when I was 16. I obtained a job in the restaurant industry and after a year of hard work I obtained a general manager's position at 17. For over a decade I was a general manager working for Capstone Industries and Arc Burger LLC. I believe hard work yields results. My education is a degree in Psychology with extensive understanding and experience in workflow management, finances, and project management. Both of my parents and grandparents served in the military which fueled my passion for volunteer work for the Wounded Warrior Project. I have volunteered for 15 years co-facilitating many food drives, home projects, and donation drives. One of my proudest moments is receiving a badge for 15 years of volunteering. I'm proud that Shellie, Alan, Charlie added me to the team. This is a great career opportunity. I look forward to many years of service.



**DeeAnna Briggs:** I was born in Great Falls, grew up in Cascade, Shelby, and Miles City where I graduated from CCDHS. My family has been farming in this area for 5 generations, so it's great to be back in the area and close to family and long-time friends. I graduated from Central Methodist University in Fayette, MO, with a Bachelor of Science in Education in 2001. Since then, I've lived and worked in many areas of the US, as well as spent time in South Africa. Much of my career has been focused in Mental Health Case Management and I have specialized training in working with SMI (serious mental illness) and sex offenders. I also worked for a year as a Child Protection Specialist and investigator for the State of Montana from 2012-2013. Prior to coming back to Great Falls, I worked for Parkview Health in Fort Wayne, IN, for 5 years. There, I worked with children and families, as well as adults who were discharged from the State Hospital and were on commitment with the State of Indiana due to SMI and felony convictions.

Casework is not my only area of focus. In April 2023, I retired from Arts United Fort Wayne after spending 40 years in Theatre Arts and performance, having worked and performed in theatres throughout the US and UK. My favorite role was as Ms. Hannigan in *Annie: The Musical* with Columbia Repertory and my favorite shows for Technical Theatre were as a Fly Rail operator in *Sweeney Todd* with the Fort Wayne Civic and as a temporary crew member with the CIBC Theatre in Chicago for a portion of their *Hamilton: The Musical* run. I have also worked with the Fort Wayne Ballet providing technical support. I am excited to be at GFPRC and back in Montana!

**Tiffany Thurstan:** I was born and raised outside of Missoula, and I am a 4th generation Montanan. I graduated from the University of Montana (GO GRIZ) in 2004 with my Bachelors in Social Work. I have a love of travel and was able to do a bit before I settled down to start my family. I taught English in South Korea for a year and was able to see and do a lot in that year. I have been to the Taj Mahl, flown around Mt. Everest, been to the Cu Chi tunnels in Vietnam and the Killing Fields in Cambodia and the Angkor Temples. I have also been to the Angel Falls, the tallest waterfall in the world. After all my adventures, I met my husband from Great Falls and moved here. We have a wonderful 10 year old son, and I have a 21 year old stepson. My son was starting kindergarten while his half-brother started his senior year in high school.

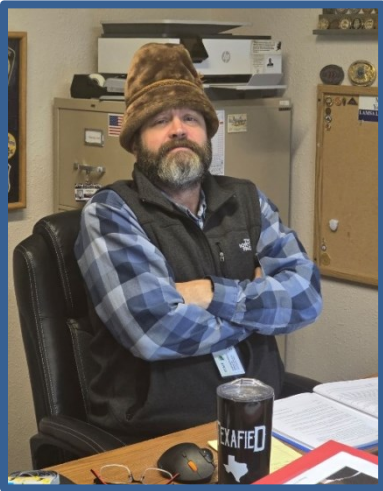
Career wise I have had a lot of different experiences. I worked in the prison in Shelby right out of college, then after my travels, I settled into working in healthcare, and even a few years working for the Girl Scouts before coming back to corrections.



My family and I love the outdoors and spend as much time as we can camping, going to Holter and Noxon Reservoirs to family cabins, hunting, fishing, mountain rides on the side by side, boating in the summer and snowmobiles in the winter.



## STAFF MEETS - continued



Hello, everyone, my name is **Kevin Heffernan**. This job is new to me; however, I have been working in this field for over 30 years (dang . . . that makes me feel old!). My career started in the then small town of Polson, Montana, as a juvenile probation officer. I soon transitioned into a position as a probation and parole officer for the state of Montana in Kalispell, before being hired as a United States Probation Officer for the District of Montana in 2001. Not wanting to bore anyone actually reading this, I won't go into a lot of details, but for the last ten or so years of my career I was the supervising officer for the feds here in Great Falls.

My career in this field has taught me a lot and I was able to take advantage of the multitude of training opportunities available to me as well as dealing with multiple local, state and federal agencies . . . but the most important thing I have learned over the last 30-something years is that the proverbial "Golden Rule" is the most important aspect of any work that I do.

I am humbled and honored to have this position as Director of Security at the Center. I hope to use what I have learned over the years to help us keep the Center moving forward, supporting each other in all that we do and keeping everyone safe. Most importantly, I want to be that example to others . . . to never forget that in dealing with anyone, we simply treat everyone as we would like to be treated.



**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](mailto:brenda@gfprc.org). Any suggestions are also appreciated.

## What do you collect?

**Kayla Williams:** I collect thimbles. I have a whole collection of them from most of the places that I have travelled to.



**Sandra Bearchum:** I collect strange stuff like metal jacks. You don't see them as a game anymore

but if you did, the jacks would be plastic.



**Noel Walker:** I collect teapots, aprons, and cookbooks.



**Ray McClelland:** I collect coins.



**Dawn Cooper:** Children. Just kidding. I collect Coca Cola items.



**Karen Workman:** Ceramic Cherub Angels and Antique Dolls.



**Raymond Berry:** Pre-1984 pennies



**Cheryl Haynes:** Turtles, gnomes, snowmen, frogs, and geckos

**Jeff Barnhart:** I collect dust under my desk.



**Robin Castle:** I collect fun pens.



**Roxi Stroh:** I collect teapots. I have over 300 teapots with only one duplicate.



**Mike Sadowsky:** I collect tropical plants and grow Bonsai trees.



**Jonathan Green:** Memories

**Brianna Four Colors:** Rocks

**Keith Davies:** To scale Mustang cars and pickups



**Brandy Burton:** Zippo lighters



## What are you thankful for?

**Kayla Williams:** I am thankful for the people in my life that stay in touch.

**Sandra Bearchum:** I am grateful for my military family returning home after 20 years.

**Noel Walker:** I am thankful for my smart, beautiful, and hilarious children and for the opportunity to see the world through their eyes.

**Ray McClelland:** Thankful for my wife and daughter.

**Dawn Cooper:** I am thankful to have my family and friends.

**Karen Workman:** I am thankful for my family and my health.

**Raymond Berry:** The all too often overlooked healthy mind and body.

**Cheryl Haynes:** Family, friends, and good health.

**Jeff Barnhart:** I am thankful that the dust does not need to be fed or else I would go broke.

**Robin Castle:** I am thankful for my family and my dogs.

**Roxi Stroh:** I'm thankful for the country I live in and the freedoms we have as Americans. I am grateful that I can have dreams and aspirations. I'm also thankful for kittens that purrrrrrr really loudly. There is nothing more comforting than a purring kitten.



**Mike Sadowsky:** I'm thankful for my daughter.

**Jonathan Green:** I'm thankful for all of the laughter I've shared throughout my life.

**Amos Goutremont:** New City Church

**Keith Davies:** My job and my dog.

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## Nerd Alert: Beautifully and Wonderfully Made

A Monthly Column by Noël Walker

If you have ever read or watched Dan Brown's smash hit, *The DaVinci Code*, you have probably heard about the Fibonacci Sequence. This is a specific number that creates order from what seems like chaos in nature. More specifically, it is the rate by which unconnected things in nature all grow or shrink, like the seeds on a sunflower, the rings on a nautilus seashell, even rates of population growth. However, there is another set of measurements that we look at every day and have since birth that we pay no mind to. I am talking about the proportion of faces.

If you draw or have ever watched a video on portraits, you have probably heard of this set of measurements. If not, today is the day. For instance, if you measure your head, from crown to chin, it is one eighth of your height. In the same way we measure horses by hands, our body is designed to be eight heads tall. Unlike horses, though, we are ONLY EVER eight heads tall, whereas a horse could be five, ten, or 21.25 hands (if you are the tallest horse ever recorded).

## Nerd Alert: Beautifully and Wonderfully Made – continued

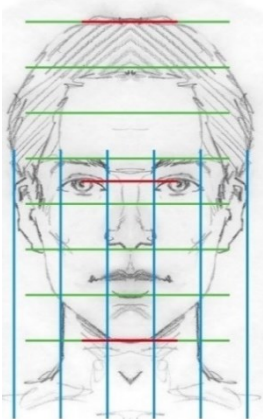
Next, let's look into the proportions and symmetry we all pay attention to, whether we admit it or not. In a way it is interesting your head is one eighth of your body, because your head is also divided into smaller sections. For example, your eyes are halfway between the highest point of your head, not your hairline, to your chin. Likewise, your eyes are one eye-width apart. Go ahead and measure. The width of one eye, corner to corner, is the same width as the distance between the inside corners of each eye. Furthermore, from the outside corner of your eye to the outer edge of your ear (on a flat plane), that is another eye-width.

Moving down, the bottom of your nose is halfway between your eyes and your chin (which is also 2/3s of the way down between your hairline and your chin); your mouth is halfway between the bottom of your nose and your chin. The curve of your ear meets your head at the same level as the corner of your eye, and the top of the curve goes no higher than the tip of your eyebrow. The bottom curve of your ear attaches in a straight line over from the bottom of your nose.

But what about eyebrows (which, btw, are a third of the way down between your hairline and your chin)? Women spend millions of dollars each year trying to get the look of the season with their eyebrows—from makeup, waxing, tweezing, and threading, to permanent makeup solutions like microblading. However, if you see a bad job, you may not know why the eyebrow looks funky, but you know something is off. That is because there are proportions we expect. For instance, if you draw a straight line from the outside right edge of your nose, through the inside corner of your right eye, that is where the eyebrow starts. A line from the right corner of your nose touching the outside edge of your iris marks the arch of your eyebrow, and a line from the right edge of your nose past the outside corner of your right eye is where the brow should end. If you think this is crazy, go look at fashion magazines where proportions were played with, like the extra-wide stick brows from the 20s and 30s to the sharpie-ed on caterpillars from the 2010s. Or, check out this guy. Clearly, he missed a memo, and it is hilarious.



Lastly, let's talk about the mouth. The halfway point between your chin and nose marks where the bottom of your lip touches. The corners of your mouth are a straight line down from your pupils. Your top lip meets your bottom lip exactly one third of the distance between your nose and your chin. Your cupid's bow, that double arch on your top lip, is aligned to the inside corners of your nostrils because of the muscles which control both.



If you are a Disney fan, you might think these measurements are all...hocus pocus. But, go back and look at how proportional and symmetrical the animated "good guys" are and how off, even if only slightly, the "bad guys" are, especially in the older films before Hollywood caught up with the reality that we shouldn't teach children to judge a book by its cover. But, speaking to artistic trend setters like the creative team behind the Disney princesses, their proportions may not match Mother Nature's in the truest letter of the law, with eyes that take up a quarter of the face, but the other proportions hold true. And, if you were looking at a line up, you would likely be able to pick out a Disney drawing over characters from, say, DreamWorks or Fox Animation. The way they have bent the proportion rules over and over in the same way becomes more like a defining style rather than willful ignorance.

Again, if you are an artist, you probably know all of this. If you are not an artist but want to be, this article might be a great place to start. If all of this is news to you or you would like to see a practical application of facial proportions, come to the library. I am a firm believer that there is power in just knowing, and one must know the rules to have any hope of breaking them intelligently. If that isn't a metaphor for life, I don't know what is.

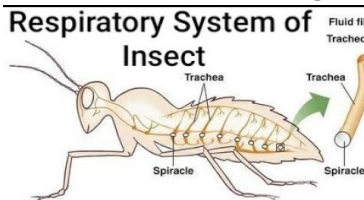
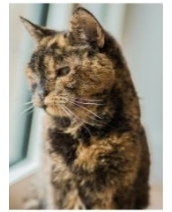
## JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



**Jeff Barnhart**  
Facility Services Director

### Fun Facts to Know!

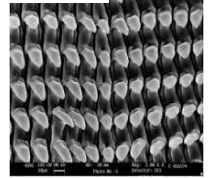
- The fear of long words is called Hippopotomonstrosesquippedaliophobia.** The 36-letter word was first used by the Roman poet Horace in the first century BCE to criticize those writers with an unreasonable penchant for long words. It was American poet Aimee Nezhukumatathil, possibly afraid of their own surname, who coined the term how we know it in 2000.
- The world's oldest dog lived to 29.5 years old.** While the median age a dog reaches tends to be about 10-15 years. One Australian cattle dog, 'Bluey', survived to the ripe old age of 29.5.
- The world's oldest cat lived to 38 years and three days old.** Creme Puff was born in Austin Texas in Aug 1967 and passed away in Aug 2005. She is recorded to be the oldest cat to ever live.
- The Sun makes a sound but we can't hear it.** In the form of pressure waves, the Sun does make a sound. The wavelength of the pressure waves from the Sun is measured in hundreds of miles, however, meaning they are far beyond the range of human hearing.
- Mount Everest isn't the tallest mountain on Earth.** Mauna Kea and Mauna Loa in Hawaii, the twin volcanoes, are taller than Mount Everest, due to 4.2km of their heights being submerged underwater. The twin volcanoes measure a staggering 10.2km (6 + miles) in total, compared to Everest's paltry 4.6km (3 miles).
- Our solar system has a wall.** The heliopause – the region of space in which solar wind isn't hot enough to push back the wind of particles coming from distant stars – is often considered the "boundary wall" of the Solar System and interstellar space.
- Comets smell like rotten eggs.** A comet smells like rotten eggs, urine, burning matches, and... almonds. Traces of hydrogen sulphide, ammonia, sulphur dioxide, and hydrogen cyanide were all found in the makeup of the comet 67P/Churyumov-Gerasimenko. Promotional postcards were even commissioned in 2016 carrying the pungent scent of a comet.
- You can actually die laughing.** And a number of people have, typically due to intense laughter causing a heart attack or suffocation. Comedy shows should come with a warning.
- Ants don't have lungs.** They instead breathe through spiracles, nine or ten tiny openings, depending on the species. Like most insects, they take in oxygen through openings in their abdomens called 'spiracles' which allows sufficient oxygen to maintain their activity. Although closing the spiracles means that water cannot flood their bodies, it also means they are not getting oxygen. Ants can survive for up to 24 hours doing this. Ants caught in a flood may appear to be dead, but they are not.
- The T.rex likely had feathers.** Scientists in China discovered Early Cretaceous period tyrannosaurus skeletons that were covered in feathers. If the ancestors of the *T. rex* had feathers, the *T. rex* probably did, too. Most scientists believe that these were probably an adaptation that kept them warm in their youth and probably fell away as they matured into adulthood.



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

11. **Wind turbines kill between 10,000 and 100,000 birds each year in the UK.**

Interestingly, painting one of the blades of a wind turbine black can reduce bird deaths by 70%.



12. **Snails have teeth.** Between 1,000 and 12,000 teeth, to be precise. They aren't like ours though, so, don't be thinking about snails with ridiculous toothy grins. You'll find the snail's tiny 'teeth' all over its file-like tongue.



13. **Sound can be minus decibels.** The quietist place on Earth is Microsoft's anechoic chamber in Redmond, WA, USA, at -20.6 decibels. These anechoic chambers are built out of heavy concrete, steel heavy insulation and fiberglass wedges. It is mounted on springs to stop vibrations from getting in through the floor. The chamber is so quiet that visitors can hear their own breathing and the sound of their body moving. Some visitors have described the experience as eerie and claustrophobic.



# FALL



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## FUN & GAMES



acorn	colors	leaves	scarecrow
apples	fall	mushrooms	spiders
autumn	football	orange	squirrels
birds	frost	pumpkins	trees
bonfire	harvest	raking	vegetables
changing	jacket	red	yellow

