

RESIDENT Recognition

Aaron Twoteeth sticks to himself mostly. (Hence, he didn't want his picture taken. 😊) He has been a model resident and has worked for MP foundation and Concrete Repair. He recently just got promoted to a foreman there. He is always polite and respectful. He goes to church and follows his LAC's requirements without any issues. He has never missed a meeting and does what is asked of him. He is currently an Honors member as well. He has been incident free for 130 days. He also owes a huge amount in restitution and never complains about paying it. He says it's because of his actions, so it's his responsibility. I would hate for him to be looked over.



Ehren Hudspeth is consistently polite, pleasant to talk with, and seems to have a great sense of humor about life, which is always appreciated. He is kind, considerate of others, and is managing his programming well.

Brianna Four Colors deserves to be mentioned. She is actively working to reach a milestone she has set for herself. Not because it will make her rich and powerful, but because she sees the value. She is walking proof that a little bit every day can help you overcome some pretty big obstacles...and once you reach the peak of that first mountain, all the other mountains look a little shorter from that perspective.



Richard Kuykendall obtained his driver's license after 12 years without one and extensive work to get his back issues cleared up. In addition, he never misses work and is well-liked there by everyone.

RESIDENT Recognition

Marty Shane: I have noticed a considerable positive improvement in his attitude and he has had good success at his workplace. He appears to have come a long way from the first time I met him as an Inmate Worker. Mr. Shane just got a dollar raise at his job. He had a potential future employer approach him with a job opportunity due to his perfect customer service and his ability to sell his product to him.



Malisha Baker is a hard-working resident. She is setting goals for herself and working to reach those goals. Nothing is easy for anyone; that is one of the facts of life, but she is not shying away from hard work, whether that is her job, putting in the work to overcome addictive tendencies, or her personal life. She isn't taking the easy way out and is facing things that have been scary for her for years. For all that, I am proud of her and happy to know her.

PRE-RELEASE PRESS
Editor: Brenda Demers



ROSE
ARTWORK
BY ERNEST
REYNOLDS



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

988 is not just for Suicidal Issues

SANDRA'S CORNER



In just its first two years, the 988 Suicide and Crisis Lifeline received 10 million calls, texts, and chats.

988 crisis counselors assist people seeking help for themselves or for loved ones who are experiencing **suicidal thoughts, mental health concerns, or substance use-related crises.**



Sandra Bearchum

Nearly 98 percent of people who have reached 988 have been able to get support without a connection to emergency services. **You may want to consider putting 988 into your phone contacts.** This is a significant source for self-care.

September is National Suicide Prevention Month

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Be There

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.

Keep Them Safe

When lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Help Them Stay Connected

Helping someone at risk creates a network of resources and individuals for support and safety and can help them take positive action and reduce feelings of hopelessness.

Follow Up

Brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

Learn More

Get message kits, resources, events and more at the official website.

Go to [Bethe1to.com](https://www.bethe1to.com)

DERRICK WILLIAMS - Honors Member



Derrick Williams, new Honors member, hasn't seen his home in Houston for over 15 years. This is about to change and it will be good to be home in Texas with his aunts, uncles, siblings, and cousins. Derrick, however, also has family in Montana, as his wife and kids are in Butte. Derrick told me, in his best proud dad voice, about big changes for his oldest son, Matthew. Due to Matthew's exceptional skills in math and science, he received a scholarship to the University of Minnesota Twin Cities, which is among the nation's top public research universities. But Derrick and his wife won't be empty nesters just yet, as his daughters DeShauna and Erric are high schoolers and Derrick is every bit as proud of them.

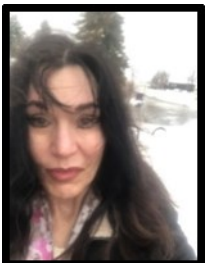
Derrick's family has played a big role in his success and his ability to deal with difficulties. Derrick and his family value the power of communication. He is realistic and optimistic about what makes a marriage work. Derrick said that while there will be good and bad days, his advice for a loving, lasting marriage is to treat each day as a new beginning. When any family member is discouraged, they talk it through with each other. Derrick encourages this communication and reminds his family to express themselves when life gets rough and to always offer support to each other. For example, when Derrick starts to falter, his family will remind him, "Stay strong, keep your head up, and keep moving forward."

Even though Derrick's mother is deceased, she is always tied closely to his heart. Derrick said his mom was a strong, determined woman, working two jobs while raising her kids by herself. His mom always told him, "It's easy to get into trouble. It's harder to get out of it." She wanted nothing but the best for her family, and Derrick said his mom would be so proud of him now.

Derrick enjoys fishing, camping and hiking as well as cruising around town with music as a constant soundtrack. Derrick is also a good friend. "I'm very loyal and friendly, and I like to make new friends." He is dependable and generous and always looking for ways to help those around him. Enjoying life and having fun is important to Derrick and he sees joking, talking and laughing as a way to ease stress and strengthen bonds with others.

Derrick and his family also love arts and crafts. Derrick said his favorite craft is creating hearts. He finds wooden hearts of various sizes and then sets to work creating original designs, decorating the hearts with beautiful colors - each one unique and special. And then? Well, then Derrick gifts the hearts to those around him. When he gives away his hand decorated hearts, Derrick said this gift creates a special relationship with the recipient.

The heart symbol has various and mysterious origins across time and cultures. When a body was embalmed by the ancient Egyptians, the internal organs were removed, leaving only the heart. Believing the heart to be the core of a person's mind and emotions, it was essential that the heart follow the body to the afterlife. From the world of the ancient Greeks, the symbol could have been based on the drawings of the human heart by the philosopher Aristotle. The French, of course, also played a role in the heart's symbolic history. An early depiction of the heart symbol denoting love, as we now know it, was found in a French manuscript circa 1250.



The heart symbolism also has a rich history in Ghana. The Sankofa is an Adinkra symbol represented by the Sankofa bird and a stylized heart. The Sankofa symbol reminds people to have reverence for the past. If someone overlooks the wisdom of the past, they need to re-learn these lessons and start again. The stylized heart symbol also represents understanding and endurance, as well as love, unity, faithfulness and goodwill and the need for tolerance when faced with frustrations.

NEWS BY SHEENA JARVEY

DERRICK WILLIAMS - Honors Member - continued

By Sheena Jarvey

When Derrick celebrates friendship and love by giving away his beautiful, uniquely decorated hearts, this is powerful, as it taps into customs across time and cultures. The vitality of the heart symbol is connection, love, friendship and spiritual health. The heart symbol also reminds us we can rebuild our lives. We can go back, with grace, and retrieve what we may have forgotten. The heart symbol helps us remember that we are human, and we can recover from our mistakes and continue on, becoming better humans.

Derrick is a man of faith, and in this faith he is rebuilding his life. He is taking the good things from his past and applying them to his present. He was raised in the church and his faith and the power of prayer continue to guide his life which he puts in God's hands. "Believe; believe in your Higher Power and everything will work out." At the end of our interview, Derrick offered sound advice for running a strong program and his formula for success:



“Stay to yourself. Focus on yourself. Believe in yourself ... You can do it.”

We are so proud of Derrick and wish him and his family happiness, health and friendship.

Short Man Syndrome

by: Raymond Berry (N. Walker, ed.)

The term "Napoleon Complex," or "Short Man Syndrome," is often used to describe shorter men who supposedly compensate for their height with overly aggressive or domineering behavior. This stereotype originated from the widely held belief that Napoleon Bonaparte, the famous French military leader, was unusually short. However, this belief is more myth than fact.

In reality, Napoleon was of average height for a Frenchman of his era, standing around 5'6" according to French measurements. When translated to modern British measurements, this is roughly 5'7"—quite typical for his time. According to the Encyclopedia Britannica, the average height of his time in France was between 5'2" and 5'6", which makes Napoleon at the top of the national average¹. In fact, even now, the national average in the U.S. is 5'9", and that is with all the advantages of available nutrition, child labor laws, and other measures which prevent children's growth from being stunted². With all this in mind, how did the idea that he was infamously short become so ingrained in popular culture?

A major factor in the spread of this literal slander was British propaganda during and after the Napoleonic Wars. Propaganda is a biased point of view used to manipulate the public to think a certain way³. The British and French had a centuries-long rivalry. Watching the continent of Europe fall to Napoleon's military forces, British cartoonists and political opponents often depicted Napoleon as comically short to ridicule and diminish him as a leader and to rally the British public to see Napoleon as a common enemy. These exaggerated illustrations served as a powerful tool in British propaganda, painting Napoleon as a "small" man in both stature and character. The repeated imagery of a tiny Napoleon surrounded by his imposing Imperial Guard—a unit of taller, elite soldiers—further cemented the idea that he was significantly shorter than his peers.

¹ [https://www.britannica.com/story/was-napoleon-short#:~:text=Sources%20consequently%20estimate%20that%20Napoleon,1.58%20and%201.68%20meters\)%20tall.](https://www.britannica.com/story/was-napoleon-short#:~:text=Sources%20consequently%20estimate%20that%20Napoleon,1.58%20and%201.68%20meters)%20tall.)

² <https://worldpopulationreview.com/state-rankings/average-height-by-state>

³ <https://www.merriam-webster.com/dictionary/propaganda>

Short Man Syndrome - continued

by: Raymond Berry (N. Walker, ed.)

The truth, however, is that Napoleon was not dwarfed by his soldiers due to his height but rather due to the physical stature of his elite guard, many of whom were indeed taller than average. The contrast between Napoleon and his guards was exaggerated in political cartoons and descriptions, contributing to the myth of his short stature. This myth was perpetuated not by facts but by a narrative intended to demean and belittle him in the eyes of his enemies and contemporaries.

This example demonstrates the potent influence of propaganda and repeated characterizations in shaping public perception. The idea that Napoleon was short wasn't based on reality but rather on a deliberate effort to manipulate public opinion and portray him in a negative light.



⁴ <https://jenikirbyhistory.getarchive.net/media/the-plumb-pudding-in-danger-napoleon-156-4d2d70>

Understanding how this myth developed helps us recognize the importance of protecting ourselves from misleading information and propaganda. It's essential to look beyond the surface and question the origins and intentions behind the stories and "facts" we encounter.

Reflect on how easily misconceptions can take hold and persist, even in the absence of evidence. With options like television and the internet, it has never been easier to receive information. However, it is our responsibility as intelligent human beings to inform ourselves more fully. Those who bring the news to you do so for profit, and that profit comes from those who want to control what is being fed to the masses. Challenge the assumptions and narratives you have previously accepted without a second thought. In a world where propaganda and exaggerated characterizations can easily shape (or misshape) reality, critical thinking is our most valuable tool in discerning the truth.

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

CONGRATULATIONS TO
COMPLIANCE OFFICER CHRIS
LAROCHE ON HIS 5 YEAR
ANNIVERSARY WORKING AT
GFPRC!

At first glance, **Joe Potts**, 3 inches short of 7 feet tall, seems a bit intimidating, but once you get to chatting with him, you find out he has a soft side, and he is one that truly cares for and admires his mother and grandmother. Potts had to show us his brand new size 18 shoes he purchased from *2 Big Feet*. I asked Joe if he was made fun of as a child because of his size, and he responded with a chuckle, "Oh, yes, and I still do, but I just smile and wave!"



Inmate Worker Completes 180 Day Program and Transfers to Resident

By Brenda Demers

Luis Zayas's childhood in the Bronx borough of New York City was much different than most Montana kids, yet some could probably say their life paralleled his in a lot of ways. Luis described the Mitchell Housing Projects as a *gang neighborhood and drug infested community*. Luis was 5 when his dad skipped out, leaving his mom to raise four boys with the help of the welfare system. Luis doesn't remember having a childhood because he was the man of the house. He was already mixed up with the neighborhood drug dealers and sought-out that "family" to escape the stresses of home. Luis's life revolved around violence as a means of survival.

He told me about his uncle, describing him as a *bad* person, yet he was *somebody*, because he left an impression. "He made sure the kids in the neighborhood had food and clothes, but people feared him. My uncle said he'd rather be feared than loved. I was 6 years old, and he took me for some ice cream. I saw him shoot a guy over money. The police didn't do anything because my uncle was *someone*. The second time I was 9 and went to see my uncle. He got into an argument and stabbed someone. At the age of 13 I went with my dad to see my uncle. The door to his apartment was cracked and everything inside was ransacked. To this day my dad doesn't know where he is, but he goes to the Hudson River every day looking for him. I held my first gun at the age of 14. My mom tried her best to guide me to a different way, but by then I was already in the streets too much . . . fighting, drugs, gang-bangers – everything was out of whack."



As a young adult, Luis said he literally got catfished out west to Montana; a place he didn't even know existed. Out of embarrassment, Luis left without telling his mom or any of his family where he was going. His mom even filed a missing persons report. The relationship didn't last, and Luis eventually contacted his family back home. He remained in Montana, yet continued to live his life as if he was in his old neighborhood in the Bronx.

Luis became emotional when he divulged that after he came to Montana his actions put a man on life support, and he didn't survive. Revisiting that reality is not easy. Luis learned the necessity of re-living his past in order to heal. Re-living it means talking about it. "The more you keep it inside, the more bad energy comes about." Luis took full responsibility for his actions and made peace with the fact that he would pay for his mistake. He was no stranger to the law or incarceration. He explained how different the prison system is in New York where politics, racism and people getting killed cause prisoners to sleep with one eye open.

Luis surrendered living a life that caused others to fear him. "I didn't want that life any more. I gave up a lot of things. I erased people out of my life that I knew for a long time. I explained to them: *If you can't respect the fact that I'm trying to change my life, I can't associate with you. Before I can help you, I need to help myself and detach myself from you.* I had to let those people go."

Sadly, Luis lost his mom in 2015 while he was doing time. He was able to talk to her prior to her passing and asked her to forgive him for the things he did. She responded, "Son, I already forgave you a long time ago." The day she passed, Luis could feel his mother's comforting spirit even before the news was delivered to him. Luis told me about an experience he had at his place of work the day before our interview. He brought food out to two ladies, and after some small talk, one asked how he would feel if he could float down the river peacefully and sin free. Remembering his mother asking him that same question, tears started flowing. "Then

Luis Zayas – Continued

By Brenda Demers

the lady next to her gave me the same look my mom used to give me when I did something wrong. It was the coolest experience I've ever had!"

Luis became giddy and beamed as he told me about his girlfriend. His friend in Helena was the matchmaker. He recalled, "When I first got here I didn't want to be here, but this gal told me what I needed to do if I wanted that change. She said, *Stop thinking about yourself; no more about you.* Because of her, I made the choice to stick with my program."

No doubt, being an inmate worker came with its challenges. Luis took it in stride and put himself in the shoes of the residents he cooked for. He took pride in his work, doing his best to pass on a positive vibe. Luis shared that the old Luis couldn't handle pressure. He learned that when he feels stress coming on, he needs to slow down, pause, and think about the situation rather than reacting. In the back of his mind, the words of his Nexus counselor echoed: *Since you decided to sober up and do good, there will be challenges. There will be times when you have to eat shit – not in the literal sense – but when you do it, it will show your maturity.* As an inmate worker, Luis found himself in many situations where he had to *eat shit*. He said that in another setting he would have done something crazy, but he was able to turn the other cheek. The wise counselor also told Luis something that will forever stick in his head: *When you decide to mess up and do something stupid, just remember: When you play stupid games, you win stupid prizes.*

Luis's hobbies include working out, listening to music, and reading books. But the thing that drives him the most is interacting with people. He loves fashion and wants to open his own clothing store. He also wants to develop a line of cologne products. Luis explained that he wants to build peoples' confidence and help them feel good about themselves and the way they look. Luis admitted that when he does too many things at once he makes bad decisions and gets overwhelmed. His girlfriend had to remind him to decelerate his ambitions and get through pre-release first – *one thing at a time – slow down.*

Congratulations, Luis, on the hard worker and positive person you are.
Your good vibes can be felt by all those in your midst.

The Real You

By Destinee Hardesty

Don't tell me about the weather.
Don't ask how life's treating me.
Don't tell me your job's going great.
I'd rather hear the truth of it all,
The real grit and grime or spit and slime.

I want to hear how you've done in recovery,
Or how you see addiction at every turn.
Maybe how you cry at night when lonely,
Or how you smile at a dancing butterfly.
Tell me who you can trust or not at all.

Don't tell me when your birthday is
Or when you have to head off to work.
Don't tell me the joke you heard today
Or why you need a ride home tonight.
Mundane things are all people speak on.

I want to hear why your brother won't see you
Or why your mom became a junkie so young.
Tell me how your dad beat you unconscious
Or why your partner won't let you see their phone.

I want to hear what makes you, the real you.

8 Physical and Mental Health Benefits of Silence, Plus How to Get More of It

Written by Sarah Garone for *Healthline.com*



Shhh... do you hear that? Or, rather, *not* hear that? It's silence.

In our ever-noisy world full of background music, on-demand shows and podcasts, and airplanes flying overhead, many of us don't experience a great deal of quiet. And according to scientific evidence, that's not such a great thing for our health.

Experts and research studies alike confirm that, especially in our loud world, time spent in silence can bring numerous health benefits.

Though an absence of sound may suggest emptiness, you may discover that dialing down the noise offers surprising fullness for body, mind, and spirit.

Here's a look at some solid reasons to get quiet, plus real-world tips on how to do so. Silence may help your health in several ways, including:

- lowering blood pressure
- improving concentration and focus
- calming racing thoughts
- stimulating brain growth
- reducing cortisol
- stimulating creativity
- improving insomnia
- encouraging mindfulness

Your Mental Health

Robin Castle
Licensed Clinical Professional Counselor
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Silence could help lower blood pressure

Hypertension, or high blood pressure, is often called the "silent" killer. That said, there's something ironic about the fact that silence could actually help reduce blood pressure.

A 2006 study found that a 2-minute period of silence after listening to music significantly reduced subjects' heart rate and blood pressure. Even compared to slow, relaxing music, silence resulted in greater decreases in these important measures of heart health.

Older 2003 research associated a chronically noisy environment with increases in heart rate and blood pressure.

More research is needed to determine the long-term effects of silence on cardiovascular health, but these results are promising.

NERD ALERT

A monthly Column by
Noël Walker
 Education Coordinator



Have you started writing an email only to click on something and erase all your work? Or, have you started typing something then suddenly realize you don't like how it looks? Or, maybe you watch people who seem to know all the right buttons to push, all the skills you wish you had but don't know where to even start. These are all examples of why people frequently get frustrated with technology. May I tell you a secret, though? There is no secret. There is no mystical club of computer-gifted geeks dancing in the moonlight to gain this knowledge. The vast majority of computer skills gained started with simple trial and error. There you go. That is really all there is to it. You find a problem, you look for a solution, and boom: it either works or it doesn't. Just like life, the more you work with problems, the better you get at solving them.

For example, it might seem simple, but something as small as using arrows instead of "backspace" can save your sanity. If I had a nickel for every time I watched someone erase LINES of typing to fix one mistake, I could, well, not do very much in this economy, but you get where I am going. Don't undo your work just to do it all over again! That takes twice as long, and you may not say it as well the second time around now that you are frustrated. Just use the arrows. Or your mouse. Move the cursor back to the problem, erase only the problem, fix it, and get on with the business of living. Or, if you are trying to highlight something, and your mouse isn't cooperating, use the shift key. Put your cursor where you want to start highlighting, scroll to where you want to stop highlighting, press "Shift", and then click at the end of your selection. That will highlight

everything in between with no problem. From there, you can cut and paste or delete, or just drag it and place it in a different location or file. Heck, you can open a new file to paste your selection in if you just want to get it out of the way without erasing it.

Internet Tricks	
Refresh page	CTRL + R
Move forward into the next option/area of activity	Tab
Move back to the previous option/area of activity	Shift + Tab
Move from open application to open application (Between Google and Word, for example)	Alt + Tab
Move from open folders/tabs within an application (Navigate between different open tabs in your browser)	Shift + Tab
Hidden Menu (Quick way to access options like "shut down" or "task manager")	Window + X
Quick Menu (This is like a "Stop what you are doing and listen" command for your computer. You can quickly lock your computer, shut it down, or go to the Task Manager which shows programs that are running, how much memory is being used, and which programs are using what amount of memory. The more memory being used, the slower your computer runs. Or, if a program stops working, you can override its glitch by selecting "End Task" in the Task Manager. This will force the program to close.)	CTRL + ALT + DEL
Quickly return to desktop (This automatically minimizes what you are working so you can open something else from the desktop)	Window + D
"Searched Item" (Will search where the words inside the quotes appear next to each instead of every time either word appears. Great for searching names or titles. Will only pull up "John Smith" instead of every John and every Smith)	Put words in quotes
Word one AND word two (Putting AND between words will narrow your search to every result that includes both words. For example, <u>writer AND "John Smith"</u> will show results for writers named John Smith, instead of every writer, every John, and every Smith)	Use AND between search words

NERD ALERT continued

Feel free to take literal scissors and tape to cut and paste the accompanying charts somewhere you can access it conveniently. Either way, I encourage you to sit down and play around with some of the tips to boost your confidence.

(These work in any Microsoft Program unless specifically labeled, like Excel)

Go to the start of the line you are typing on	Home	Copy what is in the cell above (Excel)	CTRL + "
Go to the end of the line you are working on	End	Insert current date (Excel)	CTRL + ;
Move cursor to the beginning of the document	CTRL + Home	Change the font (without using a mouse)	CTRL + D
Move cursor to the very end of the document	CTRL + End	Search/Find --look for keywords/names in a text	CTRL + F
Cut (removes it from the document to put elsewhere, like scissors)	CTRL + X	Move from open folders/tabs within an application (Navigate between open Word or Excel documents)	Shift + Tab
Copy (leaves the original behind, like a camera)	CTRL + C	Open an existing saved document	CTRL + O
Paste (puts clipped "scrap" where you want it)	CTRL + V	Open a new, blank document	CTRL + N
Undo (easy fix for whoopsies)	CTRL + Z	Engage or disengage bold letters	CTRL + B
Highlight/Select everything in the document (Ideal for changing spacing or font for the whole document)	CTRL + A	Move to new line without starting a new paragraph or section (This is useful if you are using bullet points. If you just hit Enter, it will add a new bullet point. If you erase the bullet point, your line will start in a different alignment)	Shift + Enter
Change capitalization without erasing or retyping [On the Home Tab, to the right of the Font Style, this button will help you if you accidentally leave the Caps Lock on or accidentally turn it off. Highlight what you need to change, click on the triangle next to the upper/lower case A, then choose from the options (ALL CAPS, all lowercase, Sentence case, or Capitalize Each Word).]	[Aa ▼]	Open a Thesaurus in Word (If you find yourself using the same word over and over again, which is really common in resumes, you can highlight the word, hit Shift+F7, and it will open up several options for the highlighted word. Pick the one you like, click on the dropdown menu, and choose, "Insert." It will replace the highlighted word with the newly chosen word.)	Shift + F7
Make font smaller	CTRL +]		
Make font bigger	CTRL + [
Redo (for when undid more than you meant to)	CTRL + Y		

DWIGHT PIERSON - Honors Member

If you see a picture of a friendly white Boxer named Rowdy, look further and you will also see Dwight Pierson, new Honors Member. Dwight will soon be home with his wife and Rowdy, who has been his “cool dog” companion for over 5 years. Dwight is excited to be back in the Helena area where he will continue his food service career at either the Silver Star Steakhouse or the Windbag Saloon, with its colorful history. In the meantime, Dwight has risen through the ranks of Jakers, where he is a line cook, as well as the weekend supervisor responsible for closing.

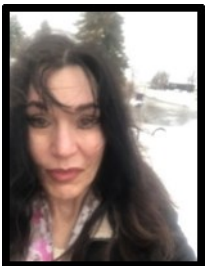
Dwight grew up in Goodrich, a small town outside of Flint, Michigan. There he enjoyed a quintessential childhood. Some of his best memories are of his dad coaching soccer and wrestling, cheering at every game. Christmas time was the best, “like a movie.” Dwight also remembers spending time at his grandpa George Pierson’s Michigan farm, complete with a huge barn, cows and chickens. There were tractor rides and the kind of fun country kids enjoyed in another time and place. After putting in a long day’s labor, the family would wash up and gather for dinner, after which the entertainment would begin. Dwight said his grandpa was so funny and always quick with a joke, adding to all the conversation and laughter. Grandpa was also a natural musician. “He could play any instrument - guitar, harmonica, didn’t matter, he could play them all.” Grandma played stand-up bass, marking the time and rhythm.



Dwight’s Michigan roots go back four generations. He comes from a lineage of hard work and traditional values. Michigan has long been, and continues to be, the muscular manufacturing center of the Midwest. The United Auto Workers (UAW) was formed in 1935 in Detroit, and Dwight’s father was a member of the UAW when he worked for General Motors in Flint, starting in the 1970s. Michigan is still home to the largest automotive and parts assemblies in America and is the state with the highest percentage of workers in manufacturing jobs.

After he retired from manufacturing, Dwight’s dad went back to college, just for the satisfaction and challenge of learning new skills. Dwight’s mom has a graduate degree in child psychology. After her move to Montana, she has run a highly successful counseling service in Helena for over 30 years.

Experiencing some health issues, Dwight’s dad also moved to Montana to be closer to Dwight and his sister and so Dwight could help with his limited mobility. On May 10th, 2023, Dwight left for work, but not before calling out, as he always did, “Love you, dad.” When he returned from work, he found his father had fallen, hand outstretched reaching for his phone, but it was too late. Dwight’s mind shattered and he remembers thinking, “This can’t be real.” The next day Dwight had a massive headache, which he attributed to the shock of his dad’s death and his profound grief. The headache, however, became so excruciating that Dwight, even though he didn’t want to, went to the ER. Thankfully, the medical team ran tests. What they found shocked Dwight even more. He had a large tumor on his pituitary gland, which had probably been there for over 10 years. Even worse, due to the size and location, it was non-operable, although could be somewhat stabilized with medication. Within the span of two days, Dwight had lost his dad and found he, himself, had a life-threatening condition.



Those two days were life altering for Dwight on many levels. Dwight explained, “I now look at life through a different lens. I see life differently knowing I could die and that this could happen quickly. I appreciate stuff more. I am trying to do good in life, more than I ever have been.”

NEWS BY SHEENA JARVEY

DWIGHT PIERSON - Honors Member - continued

By Sheena Jarvey

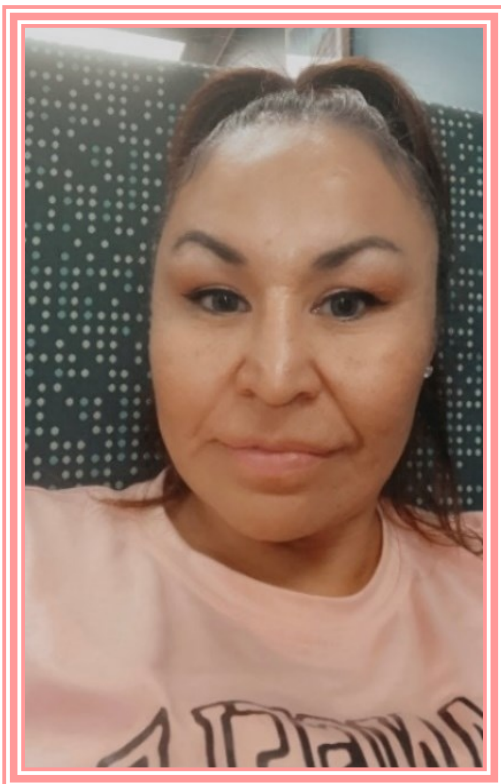
Dwight continued, "My mom always told me I would get it someday, and this is happening. Working and running a strong program at the pre-release - it feels so much better to be doing good. It has a cumulative effect, the better I do, the more that better things happen."

Now Dwight can sift through his memories and see things clearer, with added layers of meaning. The tableau of his family farm, the music and laughter, Christmas, his parent's careers, Dwight's careers, his addiction, incarceration, the recurring addiction, recovery. He can see all that he loves in life, his wife, family, skiing, seeing the Detroit Lions play, the live concerts, Metallica, Pantera, Lollapalooza 1997 featuring Snoop Dogg. All of it and so much more. Dwight is determined, now, to make the most of what time he has and to not let his life slip through his fingers unappreciated. Dwight will never forget the circumstances the day after his father's death, when he became aware of his own health issues. His dad had guided him through life and at the end, "My dad saved my life."

When people go through rough times and then find peace and satisfaction, the satisfaction has even more depth when it is passed on to others. Dwight shared what he has learned:

"Be positive. Find the positive spin on things - it is there. Be accountable for your own personal well-being. Change it up when you need to. It's not hard."

Dwight is moving forward with confidence and purpose. His midwestern practicality, responsibility and quiet determination show in his demeanor. We are very proud of Dwight and wish him success and many more years with his family, including, of course, "cool dog" Rowdy.



Congratulations to Valene Wing-Skjold for becoming a CNA!

Valene commented, "I've always wanted to be in the medical field, but my criminal history discouraged me. I thought, *times are changing, so I might as well just go for it!* I'm not getting any younger, so I did. I'm not letting anything get in the way of my goals. I've wasted too much time not achieving anything in my life, so better now than never, and now I'm feeling confident."

Jennifer Marshall, Artist

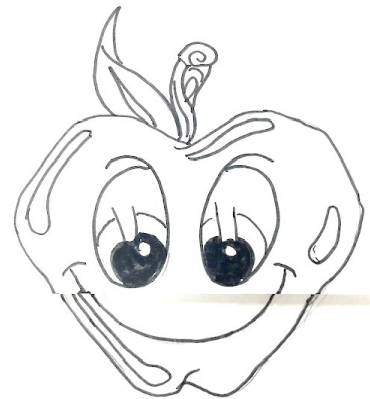
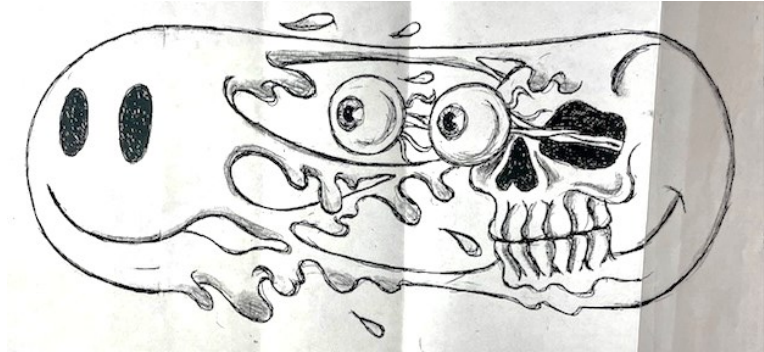
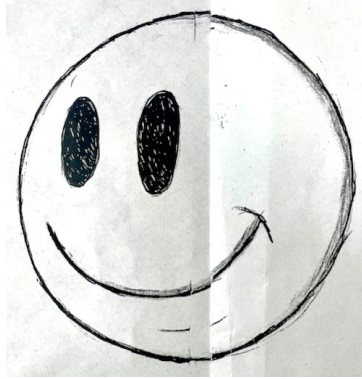


Jennifer Marshall started drawing on paper bags and such at the tender age of 3. Her parents and her elementary school art teacher immediately noticed her remarkable talent. Jennifer's art can be found all around the world – just look for the JM signature in the bottom right corner. She said she painted backdrops for bands, signs for companies, and designed tattoos. Jennifer's mind is constantly in a creative state, with her talents extending beyond just art. She developed her own clothing line called *Pretty Bad Image*. She also plays an array of musical instruments and writes and composes music. It doesn't stop there – Jennifer has also written and illustrated children's books. When I asked Jennifer what she was going to do with all that talent career-wise, she explained that people don't understand that most artists are just that – they are not business-savvy, they need a manager to guide them so they can make a living. With that being said, I think with the right manager Jennifer could become rich and famous!

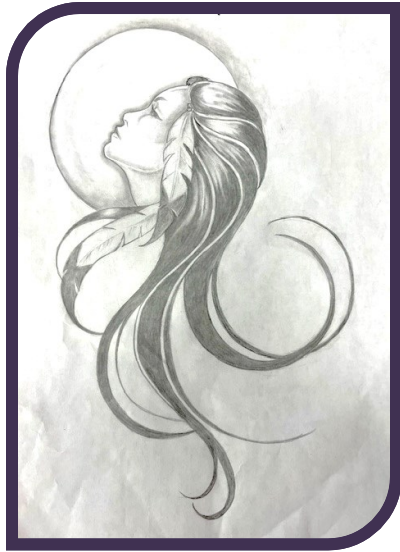


Jennifer Marshall, Artist

Each of the two pictures are on one piece of paper. The first picture is what it looks like when the piece of paper is folded closed and the second picture is what it looks like when the paper is opened. Pretty cool!



Jennifer Marshall, Artist



PHONEIX HOLETS – Honors Member

By Brenda Demers

In visiting with Phoenix, I learned that he is German and that he likes hiking, finding waterfalls, and playing in lakes and rivers. He is into Pit Bulls and snakes - like Boas and Ball Pythons - yikes! Phoenix explained that Pit Bulls have a bad stereotype, but they are actually loyal and smart and make great family dogs. He added that they are high energy, yet perfectly comfortable hanging out and relaxing.



Workwise, Phoenix said his favorite jobs are roofing and landscaping because they are fulfilling at the end of the day. He also has a passion for cooking and finds it an easy profession to fall back into. He is thinking about going to college for diesel mechanics or maybe even pursuing a law degree. “I want to be able to help people that can’t afford representation and offer reasonable rates to represent people that would otherwise get shafted.” Whatever career he pursues, he acknowledged the necessity of balancing work and fatherhood.

Phoenix shared that his custody battle for his daughter has been “highly intense and super stressful.” “Being here has made it clear that in high stress situations I can excel and get what I deserve and want without coping inappropriately.”

Phoenix maintains his mental health by working out, meditating, and utilizing breathing techniques. He said that he typically sees a therapist, and over the years has found that he needs someone to challenge him on his way of thinking. “The good ones challenge why I’m thinking that way. Normally there is an underlying issue of why I’m making a certain decision, not the correct one, or not playing the tape all the way through. I get stuck in the moment, making decisions more often than not based on emotions rather than reason. I like being challenged to make sure the decision I’m making is logical and reasonable.”

Phoenix advises, **“Find a healthy routine and stick to it. You have to want to change your life if you are going to succeed. You are only as good as the people you surround yourself with. If you surround yourself with people that are okay with a mediocre life, that’s all you’ll achieve.** Most of the people I’m closest with have criminal backgrounds too, but we’ve made the decision to progress to a higher standard. I think it’s important to have a couple of people you can rely on that are willing to call you out on irrational thoughts and poor decisions. As human beings we are selfish by nature; it’s self-preservation.”

A staff member nominated Phoenix for a resident standout this month and submitted the following: *Phoenix Holets has emerged as a source of help and camaraderie for others. He is very open about where he has been and what he is working toward and has been a source of support for others facing similar situations. He has addressed each hurdle with intelligence and patience, even though it would be much easier to rage. He understands that would get him no closer to his ultimate aim. He is so level-headed in fact, that others look up to him for the wealth of information his work has given him as well as his willingness to help others benefit from his labors.*

Another staff member said this: Working in groups with Mr. Holets has been very rewarding. I have literally seen him mature in the short time I have known him. He appears to be finding his footing and finding his positive identity. Mr. Holets has given some very good feedback in the groups – ideas that everyone can benefit from. Even though his custody battle is uphill, he is very determined and has shown resourcefulness.

Congratulations on your success, Phoenix, we are proud of you!



Congratulations to Joshua Roberts-Sprinkle for attaining his HiSET!

Joshua dropped out of school in his 8th grade year, convinced he was too cool for school. As he matured, he was sorry he dropped out because it became a roadblock to his goals, one of which is to pursue a college degree. He commented, "My example will help structure my children and nephews to keep them on the right path, especially if there are bigger things in life they want. It's a lot easier with that education."

Kenneth Oschmann
made these amazing
paper mache figures!



JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER

Fun Facts to Know!



James Earl Jones passed away this past week. His voice will forever be remembered, as will his acting talent.

But did you know:

He had a stutter since childhood and he reported that poetry and acting helped him overcome the challenges of his disability.

He was born in 1931 so he was too late to be involved in World War I. With the Korean War intensifying (1950-1953), Jones expected to be deployed as soon as he received his commission as a second

lieutenant. While he waited for his orders, he worked on the stage crew and acted at the Ramsdell Theatre in Manistee Michigan. He was commissioned in mid-1953, after the Korean War's end, and reported to Fort Benning to attend the Infantry Officers Basic Course. He attended Ranger School and received his Ranger Tab. Jones was assigned to Headquarters and Headquarters Company, 38th Regimental Combat Team. His battalion became a training unit in the rugged terrain of the Rocky Mountains. He was promoted to first Lieutenant prior to his discharge.

He identified himself as mixed-race, as his parents were both a combination of African American, Irish, and Native American ancestry.

His father was also a stage and screen actor in New York and Hollywood.

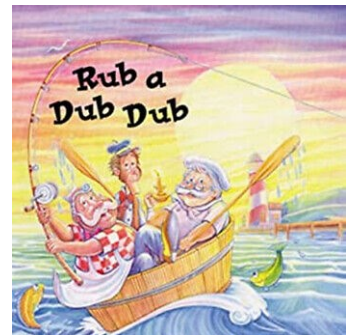
Gone but not forgotten

In 2022 he signed a release to Lucasfilm to the use of his voice through artificial intelligence. He stepped away from voiceover work for Skywalker Sound in 2022. Skywalker Sound and the Ukrainian company Respeecher are currently using his AI voice for episodes on "Obi-Wan Kenobi" on Disney+.

AND

Then we have this from the Rhymes and Limericks category

Rub-a-dub-dub
Rub-a-dub-dub,
Three men in a tub,
And who do you think they were?
The butcher, the baker,
The candlestick-maker,
They all sailed out to sea,
'Twas enough to make a man stare.

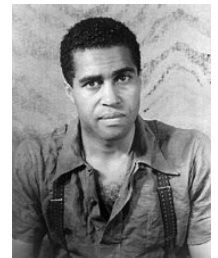


I remember this song being illustrated in children's books with three men all bathing in one tub, so you might assume that this song is meant to be homoerotic, which would actually be kind of cool. But actually, the original 14th century song began "Rub-a-dub-dub/Three *maids* in a tub". A "tub" some believed was a fair or attraction in England that had various side shows, and it was probably meant to imply that either "the butcher, the baker," and the "candlestick maker" were either spying on women who were in fact bathing or, more likely, going to a peep show in town, which makes you think very differently about the "rub-a-dub-dub" line.

Taken from Bustle - 11 Children's Songs & Nursery Rhymes That Are Super Creepy



Jeff Barnhart
Facility Services Director



FATHER FORGETS: by W. Livingston Larned
Submitted by Raymond Berry

Listen Son, I am saying this as you lie asleep, one little hand crumpled under your cheek and blonde curls sticky over your wet forehead. I have broken into your room alone. Just a few minutes ago, as I sat reading my paper in the library, a stifling wave of remorse swept over me. Guilty, I came to your bedside.

There are things which I am thinking, son; I had been cross to you. I scolded you as you were dressing for school because you gave your face a mere dab with the towel. I took you to task for not cleaning your shoes. I called out angrily when you threw some of your things on the floor.

At breakfast I found fault, too. You spilled things. You gulped down your food. You put your elbows on the table. You spread butter too thick on your bread. As you started off to play and I made for my train, you turned and waved a hand and called, "Goodbye, Daddy!" I frowned, and said in reply, "Hold your shoulders back!"

Then it began all over again late this afternoon. As I came up the road I spied you, down on your knees, playing marbles. There were holes in your socks. I humiliated you before your friends by marching you ahead of me to the house. Socks were expensive, and if you had to buy them you would be more careful! Imagine that son, from a father.

Do you remember later, when I was reading in the library, how you came timidly, with sort of a hurt look in your eyes? I glanced up over my paper, impatient at the interruption; you hesitated at the door. "What is it that you want?" I snapped.

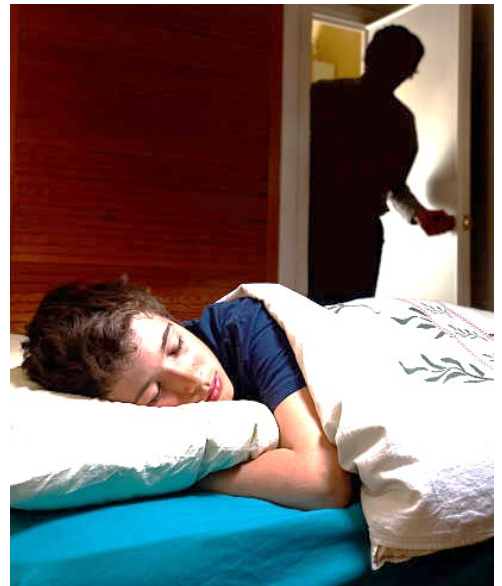
You said nothing, but ran across in one tempestuous plunge, threw your arms around my neck and kissed me, your small arms tightened with affection that God had set blooming in your heart, which even neglect could not wither. Then you were gone, pattering up the stairs.

Well, Son, it was shortly afterwards that my paper slipped from my hands and a terrible sickening fear came over me. What has habit been doing to me? The habit of finding fault, or reprimanding; this was my reward to you for being a boy. It was not that I did not love you: it was that I expected too much of you. I was measuring you by the yardstick of my own years.

There is so much that was good, fine and true in your character. The little heart of yours was as big as the dawn itself over the hills. This was shown by your spontaneous impulse to rush in and kiss me good night. Nothing else mattered tonight. Son, I have come to your beside in the darkness, I have knelt there, ashamed!

It is a feeble atonement; I know that you would not understand these things which I have told you in the waking hours. Tomorrow I will be a real daddy! I will chum with you, suffer when you suffer and laugh when you laugh. I will bite my tongue when impatient words come. I will keep saying as if it were a ritual: "He is nothing but a boy--a little boy."

I am afraid I have visualized you as a man. Yet as I see you now, Son, crumpled and weary in your bed. I see that you are still a baby. Yesterday you were in your mother's arms, your head on her shoulder. I have asked too much, too much!





ZACK HERRELL – Honors Member

Staff members noted that:

- Zack communicates well and keeps them informed.
- He is polite and helps others, which says a lot about a person.
- He shares pertinent aspects about his life and insights in group.
- He is a straightforward person who has good goals and a desire to succeed.

Zack commented that he has worked hard to set a positive example.

Congratulations for being accepted into the Honors Program!

Stay tuned for next month's issue of the Pre-Release Press for new Honors Member **Cedric Campbell's** profile.

Starting Anew

By Destinee Hardesty

I'm not just starting anew.
It's not just a new job and
A new place, a new town,
Or even just the new people.
It's also a whole new...me.
I used to not even like myself.
I had guilt, shame, envy, and
So much sorrow heavy on me.
So much weight, like cement,
Or lead...or lead-filled cement.
But I forgave myself.
I learned to move forward
And I like the new me. A new me,
One filled with hope, a future,
Happiness, love, and did I mention...
Hope? Above all, hope for me.
Without that how could I,
Why would I, start anew?
I know I'm worth the fight,
The struggle, the classes I took,
The recovery. I continue to concur
Each and every day: I love me.

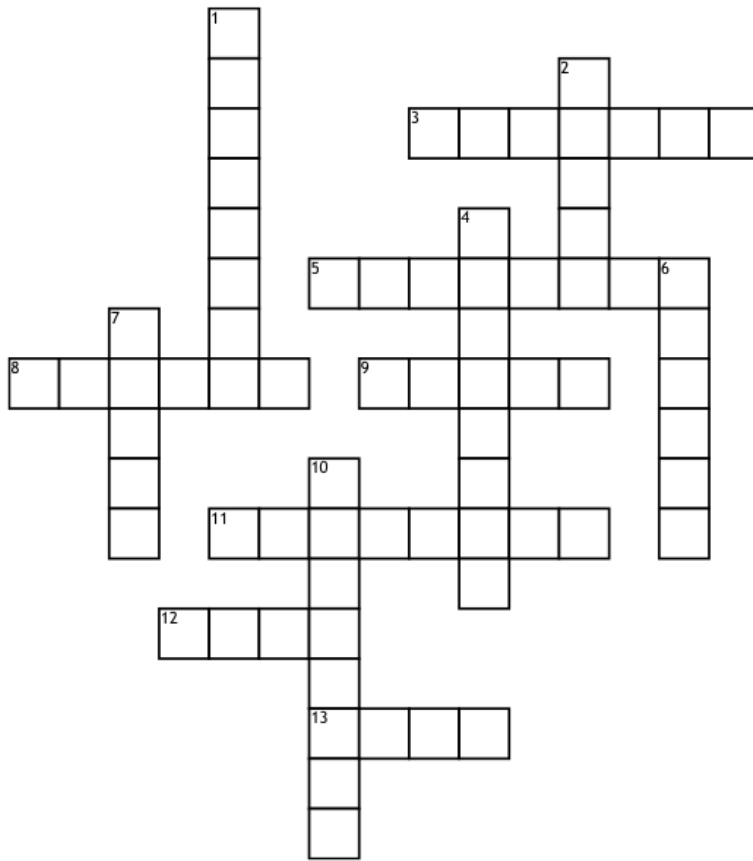
The U.S. Food & Drug Administration (FDA) has only



authorized 34 e-cigarette products, mainly tobacco-flavored, declaring all others illegal. Yet, manufacturers continue to flood the market with candy-flavored products that are highly addictive. Some devices now **contain nicotine levels equivalent to 20 packs of cigarettes** and even include features like video games to attract kids. Nicotine poses significant risks to brain development and affects attention, memory, and learning.

September

FUN
&
GAMES



Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree

- 11. popular fall sport
- 12. Use one of these to tidy up fallen leaves
- 13. the way trees look during autumn

Down

- 1. a small rodent
- 2. a crisp red fruit
- 4. the first monday in september
- 6. where do children go in the fall?
- 7. a drink you can make from apples
- 10. another autumn month

New seatbelt design:
45% less car accidents!!

