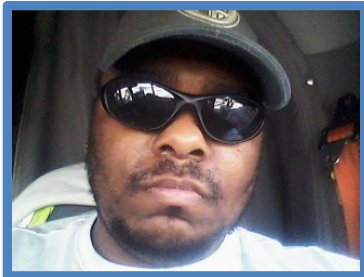


## Resident Standouts

**Kyle Swimsunder** (right) is running a much, much stronger program than previously. He has taken to heart the information from treatment. He is not only articulately expressing these skills but also is actively applying the lessons he has learned along the way.



**O'Landtha Ford** (left) is quietly going about his business, running a strong program. He is sorting out issues that previously held him back and is determined to move forward. He contributed awesome and inspirational poems to the newsletter.

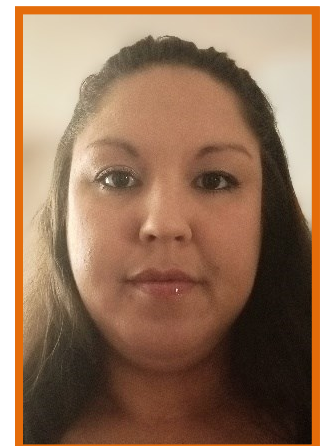
**Raymond Head** (right) received a positive IR for helping staff with another resident during a medical incident. I feel that a spotlight on him for his actions is worth a standout. He's fairly new...but already a great example of what an outstanding resident is.



**Kerri Eversole** (no photo) is so helpful. She goes out of her way to help staff and other residents beyond what is expected. She is a great example to everyone: staff, residents, and beyond, of what it looks like to be a good person.

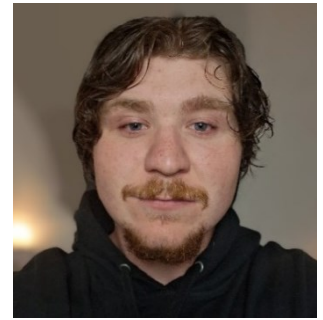
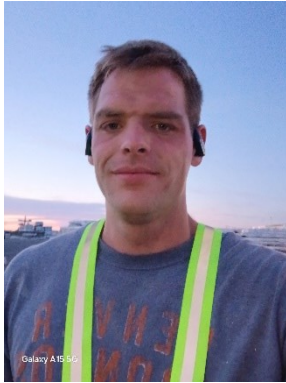
**Sawntae Hoffman** (left) is her own person and is running her program strongly and gracefully. She keeps a steady focus on her goals.

**Larissa Sunell** (right) is articulate about her issues and is often the first one to offer to present her assignments. She is working hard to build a much better life and has such a pleasant personality.



**Joe Regimbal** (no photo) tried his very best in group and his efforts are noticeable. He has gone out of his comfort zone on his assignments and is constantly stepping up to make his life better so he can return to his family.

**Bowen Zitur** (right) is a young man working hard for a better future. He is sincere and insightful and is very receptive to good information to make his life successful.



**Sean Kostad** (left) continues to run a quality program and shows what can be accomplished coming out of Inmate Worker status. He's always got a smile, even when life is doing its best to drag him down.

**Jeffrey Pierce** (right) is running a quality program. He excels at his job and takes his Center program seriously. Always polite and focused, he sets a great example. Likewise, a big congratulations to him for getting accepted into Great Falls College/MSU for their Paramedic Program.



**Matthew DayChief** (left) has such a great attitude. His personality and sense of humor elevates the overall tone of the Center. He is hardworking and sincere about his success. He is always willing to help others find their success, all while holding himself to a high standard.



**Jason Hager** (right) went through a major medical procedure, followed medical advice, and is now back at work. All with a great attitude. He brings so much joy and humor to the Center with his positive and spunky personality.



### CONGRATULATIONS to **Donalda**

**Main** for completing her HiSET! If ever anyone had bragging rights to her scores, it is Ms. Main. When I say she killed it, she *killed* it. Even when she found out she wasn't done, she took the last test she thought she'd already completed and passed it with flying colors. I am CRAZY PROUD of you!!! The whole Center is proud of you!

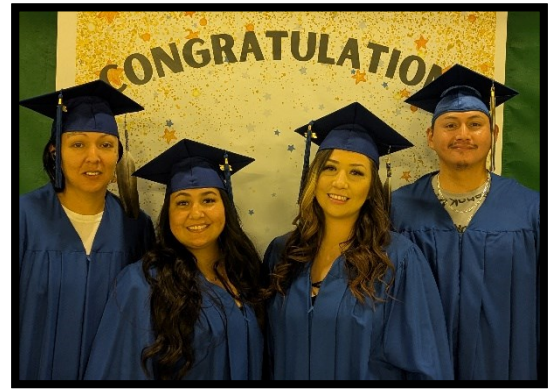


**Life has no limitations except the ones you make.**

~Les Brown

## What People Are Doing Noël Walker

If I had a nickel for every time I heard, “I will do it once I get out of the Center. It is going to be too hard in here,” I could probably gas up my car. If nothing else, I hope that the *Pre Release Press* shows that people are doing what you are putting off. They are FINISHING what you are not willing to start. Every month highlights one or two people who have gone through some certification program, some milestone, or reached some goal they set for themselves. This month, the focus is HiSET graduation. The Career and College Readiness Center hosted the 2025 HiSET Graduation Ceremony at the Expo Center on May 30. Three current residents and one former resident participated in the



festivities. These four individuals as well as those who finished their HiSET goal but couldn't attend the ceremony all represent the values of sacrifice and perseverance. The Center is grateful for the dedication they demonstrated. I am in a unique position of seeing just how much these people have WORKED to reach their goal. No, it's not easy. No, it isn't something they just blindly threw a dart at to land a bullseye. Their successes were not coincidence or luck. They were the result of hours of preparation, of asking for and getting help, of staying humble but trusting in themselves.

For the four you see here, there are countless others in the process of reaching their goal. I encourage you to encourage them. If you ask me who they are, I will tell you it doesn't

matter. It is free to encourage. It is free to motivate. Regardless of what the goal is, whether it is to start college, get career certified, make the Honors Program, or learn how to gracefully handle obstacles as they arise, you might be the reason why someone keeps trying. Today, it is Cherelle Walkingchild, Darie Green, Donalda Main, and Marty Shane. Tomorrow, it will be you.

**COMING SOON**

This Photo by Unknown Author is licensed under CC BY-NC

The **Great Falls Public Library** is going to be in house June 24<sup>th</sup> to sign up people for library cards. There are many opportunities connected to a library card, so come out and take advantage. We will be in the West Campus Lobby at 1800 (6pm) before moving to the Women's Dining Room at 1850 (6:50pm).



**What's included:**  
Limited exam • Cleaning  
X-rays

# IN NEED OF DENTAL SERVICES?

The **Dental Clinic**  
**at Great Falls**  
**College MSU** will

be bringing information and goodie bags July 8 at 1800 (Women) and 1900 (Men) in the Great Room. The Clinic offers HEAVILY discounted services, and will give more specifics regarding what they offer and charge at the session. Seats are limited.

**Schedule an appointment with Great Falls  
College Dental Hygiene students!**



Great Falls College Dental Hygiene Clinic is a teaching facility, providing client services under the supervision of a licensed dentist and registered dental hygiene instructors. **Our students need patients to complete program requirements to graduate. Consider helping them while we help you with affordable dental care!**

If you can't attend the session, don't worry, you can still make an appointment and reclaim control of your dental health.



### **Affordable Pricing!**

Adults: \$40  
Seniors (55+): \$35  
Children (4-17): \$35  
Military: \$35  
X-rays only (per series): \$25

Payment is taken at the first appointment and covers all sessions.

### **Appointment Details**

Each appointment lasts approximately **3 hours.**

Adults should expect to come in for **3-4 sessions.**

Children can be done in **1-2 sessions.**

### **Availability**

Morning: 8 - 11 a.m.

Afternoon: 1 - 4 p.m.



**GREAT FALLS  
COLLEGE**  
MONTANA STATE  
UNIVERSITY



## Congratulations to Kayla Williams

For graduating from the focused training that kept her occupied for April and May. Her training at Keesler AFB in Biloxi, MS, will open new doors and career opportunities in her duties for the United States Air Force Reserves.



## 2025 Recipient of the Law Day Award: Nichole Anderson

**Congratulations** to Nichole Anderson on receiving the 20<sup>th</sup> annual Law Day Award, presented by the Great Falls Pre Release Center. Nichole initially dipped her toes in corrections as an intern at the Great Falls Pre Release. Following her graduation from college, she worked as a Compliance Officer then as a case manager before transferring to work as a State Probation and Parole officer. From there, it seemed like a logical move to switch to the Federal side of things. Now, she is Supervising U.S. Probation Officer.

Through her tireless efforts, her heart for the justice involved, and her ceaseless strivings to hold herself to the same standards she asks of others, Nichole is a most deserving recipient of the 2025 Law Day Award, which was created as a token of appreciation for those who have achieved in fields like corrections, law enforcement, education, and community support.



(Left) Receiving her award from Alan Scanlon, Executive Director of GFPRC.

(Right) Pictured with Shellie Babinecz, Treatment Services Director and former colleague.

(Below) Pictured with the Federal Caseload and Services staff.



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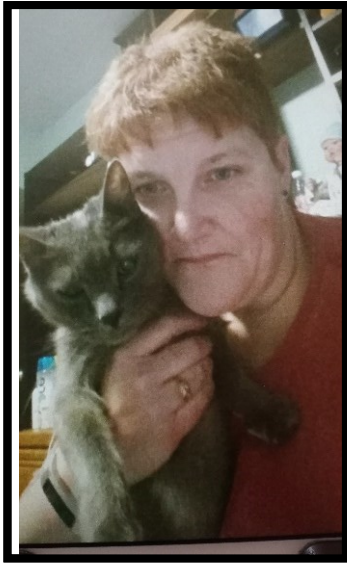
## Father's Day Fun Facts: (United States Census Bureau)



The idea of Father's Day was conceived more than a century ago by Sonora Dodd of Spokane, Washington. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War Veteran who was left to raise his six children on a farm.

Originally proposed in 1909, Woodrow Wilson was the first to honor the day in 1916. President Calvin Coolidge urged states to observe the holiday in 1924, and in 1966 President Lyndon B. Johnson issued a proclamation declaring the third Sunday in June a day to honor fathers. It was not until 1972 that President Richard Nixon officially recognized Father's Day as a national holiday by signing it into law.

According to the US Census Bureau, there are 72 million fathers across the nation, 29 million of whom are grandfathers, 24 million are fathers living in opposite-sex married-couple households with children under 18. Of the about 10 million single parents living with their minor children, 20% were fathers. As of 2023, there were an estimated 231,000 stay-at-home fathers in the US.



## Show the COs Some Love

### Nicole Dodge, Compliance Officer:

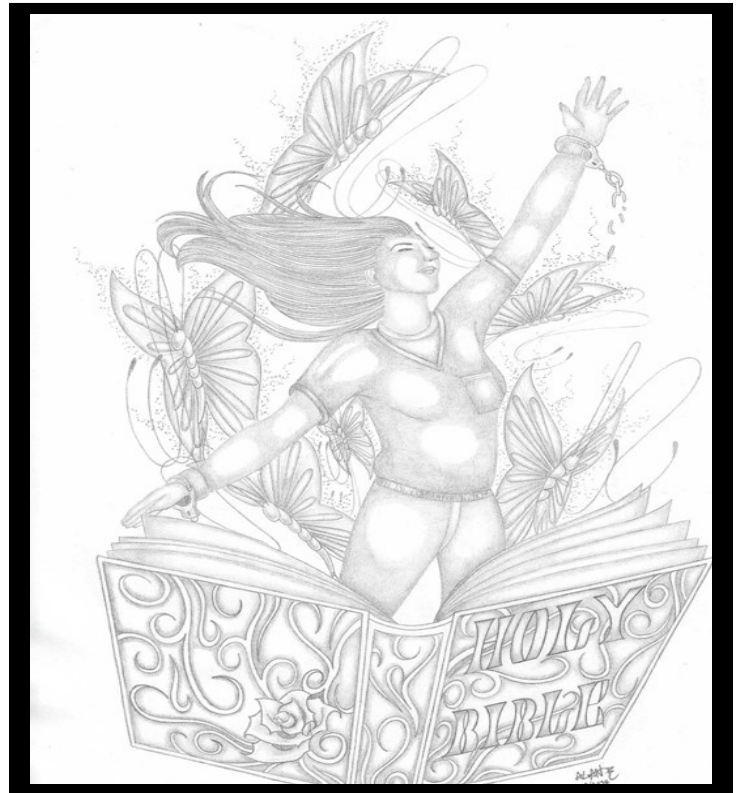
What is your favorite holiday? July 4th  
What is your favorite color? Blue  
What is something simple that brings you peace? My cats, Smokey, Socks, & Carrie Anne  
What is your favorite movie? Con Air  
Best Christmas movie ever: Muppets Christmas Carol  
Do you play any musical instruments? Alto Clarinet



### Casey Fassler, Compliance Officer:

1. Favorite Holiday: Christmas
2. The Best Meal I've ever had: Chicken Alfredo with a ton of Breadsticks.
3. Favorite Class in School: History class
4. What excites me about the future: The unknown
5. Favorite Color: Purple
6. Favorite Game: Helldivers 2
7. What brings me peace: Being in the wilderness
8. Coffee, Tea, or Cocoa: Tea
9. My Favorite movie: *Scarface*
10. If I were an animal what would I be: A bulldog so I could sleep and eat all day
11. My hobbies are golfing, riding my Harley and going shooting.
12. Pet peeves?: Working with people who are rude.
13. Favorite team: Las Vegas Raiders.
14. If I could live anywhere in the world: Northern Japan
15. Most interesting place I have visited: California Coast
16. Most Unusual Job: Detention Officer at Cascade County
17. If I could master a skill overnight: Flying a plane
18. What job would you be terrible at? Caretaker - Too gross.
19. Best Christmas movie ever: *Diehard*
20. Do you play any instruments? I play the trumpet and bass guitar
21. If I had to volunteer for a day: Candy Bars from Heaven at the jail





Artwork Submitted by **Alan Begay** (top left and right) and **Cynthia Bright** (bottom left and right)

By night we shouldn't even be here but we are!  
 It's like in the great stories Mr Frodo,  
 the ones that really mattered.  
 Full of darkness and danger they were  
 and sometimes you didn't want to know the end  
 because how could the end be happy...  
 How could the world go back to the way  
 it was when so much bad had happened.

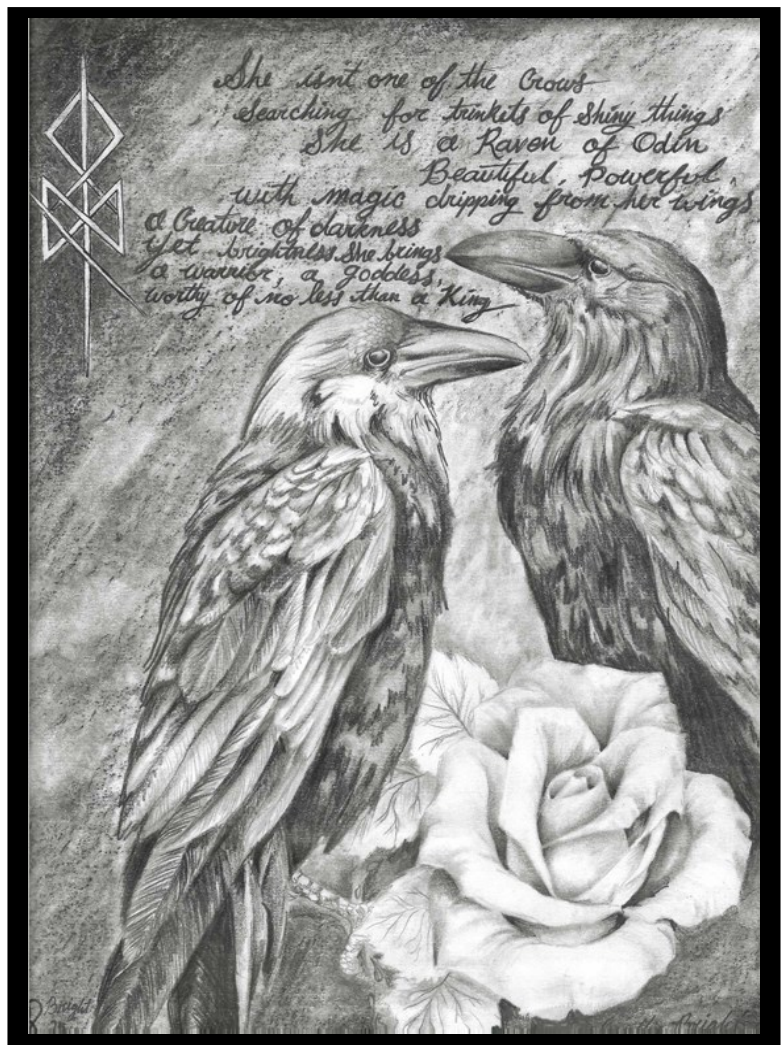
But in the end it's only a passing thing this shadow.  
 Even darkness must pass.  
 A new day will come and when the sun shines  
 it will shine out the clearer.

Those were the stories that stayed with you  
 that meant something even if you were to young  
 to understand why...

But I think Mr Frodo, I do understand  
 I know now, folk in those stories had lots of  
 chances of turning back only they didn't  
 because they were holding onto something.

What are we holding onto Sam?

That there's still some good in this world  
 Mr Frodo, and it's worth fighting for.



## Competing in the Governor's Cup 5K—Joe Marten

To truly tell this story, I have to take you back about a year.

My brother Glen—who has been mentally and physically handicapped since birth—faced one of the most serious medical battles of his life. He was experiencing non-stop seizures, and at one point, the outlook was grim. Most doctors didn't think he would make it. But one specialist in Billings didn't give up. He found the root of the issue and got Glen well enough to receive an implanted device to help control the seizures. With a long road of therapy and rehab ahead, Glen did what he has always done—he bounced back. His resilience is nothing short of incredible.



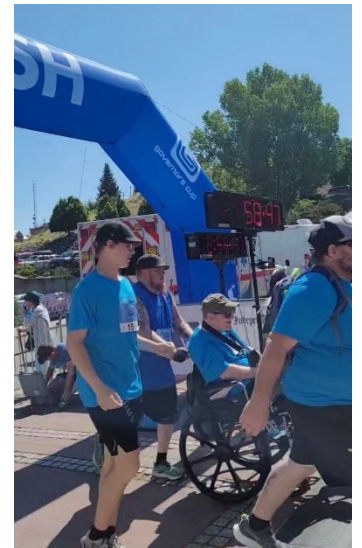
Every time I FaceTime Glen, we have almost the same conversation. Maybe he adds something new, maybe he doesn't—but it's the call I look forward to the most. No matter what life throws at him, Glen is always smiling, always busy, and always happy to talk. Though he's older than me, I've always been his "big brother." And to me, Glen is one of the most inspiring, strong-willed, and determined people I know.

A month ago, on one of our video calls, Glen told me he wanted to do the Governor's Cup 5K in his wheelchair. I asked who was going to push him, and when he said he didn't know, I offered to do it. His face lit up in a way I'll never forget. I could see how much it meant to him—and at that moment, there was no doubt in my mind: I *had* to be there.

We started looking for a wheelchair attachment that would allow us to run safely. We found one, got it delivered, and the weekend before the race we went to Helena for a test run. Glen was all giggles and joy—it was infectious. My oldest son, Cody, also volunteered to help push, making this event even more meaningful for our family.

A lot of people run races like this chasing medals, prize money, or recognition. For us, it was about love, family, and the joy of being together. We didn't care about the time or place we finished in—we just wanted to share something unforgettable. And we did.

That race was one of the proudest and most fulfilling moments of my life. Running alongside my son, pushing my brother—laughing, working together, and creating a memory none of us will ever forget—it made me feel accomplished in a way no trophy ever could.



# Fate

by Alan Begay

The lies in my ear have no truth in my step.  
My life ain't worth losing my soul, steppin' on regret.  
Little money don't change my actions.  
I toss it to da sky.  
Closest ones hurting me only for God  
Imma glorify.

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Little money don't change my actions.  
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Closest ones hurting me only for God  
Imma glorify.

I'm thinkin' dis a setback, dis a stall for a comeback  
Keep playing your role, gamble wit' mine, I run it back  
Steady on da platform, spotlight got you feeling #1  
No reason to waste my thoughts, see, where I've come  
While I was stewing all I had was da clock ticking  
Put you in a place of my possibilities, walk in my shoes  
    you tripping  
Sure made a whole lot of assumptions, wasted words  
    even saying  
No matter what God do I'm praying, success steady  
    paying  
Cuffs twist on my wrist when I wash my hands  
That's when I gave the wheel to Jesus he cutting grass  
Her words was the taste of a viper, praise God I ain't no  
    lifer.  
Little months of the truth was worth it to expose a liar  
Jesus tells me pray for da ones who hurt you.  
Guess that's why my enemies out my lane; I ain't curse  
    you.  
Set the clock, I'm marking my calendar, countin' on  
    release.  
Hard work, washing dishes, tacking to keep my soul on  
    fleck.

Takes a whole lot of patience in a situation to explode.  
The presence of my Savior has no room for fear; I'm not  
    alone.  
Focus more on the outcome and being the result of  
    bearing pain.  
Doubt doesn't have a place in my story or the scars that I  
    gained.  
In the mirror all ten fingers at me pointin'  
The surroundings of my choice doesn't change; I'm  
    anoined.  
The feeling I get from Jesus in the front row, a service  
Makes me feel I'm stronger in His love than many who  
    are hurtin'.  
I will suffer through it all just like Him and bear the  
    shame.  
The outcast on the billboard and hated by the fame.  
Hungry in my stomach with a Bible in my hand,  
Turn a mountain to a palace, faith like a grain of sand.  
Take a hit and turn da cheek; God's got my war.  
I ain't runnin' from anything da world has in store.  
It took situations to break through hate in these bars.  
Nothing changed my destination to da One who made da  
    stars.

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## When I'm Gone—O'Landtha Ford

Don't miss me when I'm gone  
Because you didn't notice me when I was here.  
Don't look to me for advice on how to fix all the problems in your life,  
You never listened to my council any time you caused yourself strife,  
Don't think of me when you lie awake in your bed at night.  
You didn't see how much I cared when I tried to be your guiding light.  
But, most of all, don't look for me when you find yourself all alone  
Because when I was there, you made me feel as if I was always on my own.  
If anything, remember that you chose this way to exist,  
To be by your side was the only thing I wished...



## Julia Mendoza—Honors

When you meet Julia Mendoza, you see a quiet, shy young woman. But, true to the adage, “still waters run deep,” beneath the surface rests a woman of depth and perseverance. Indeed, during her interview, she repeated the words, “self-reliant,” “intentional” and “foundation” again and again. These are not words used by someone who believes in accidents. These are the words of a woman who has made peace with herself, her world, and is looking to a productive future.

Julia began by explaining her rationale for applying for Honors. She said she’d been encouraged by some of the women who were already in the program. She knew it was something that would grant her more independence outside of the Center as well as allow her the opportunity to take passes with other Honors members. She greatly looks forward to just taking her time in the community, going to the park, the library, getting and enjoying a cup of coffee in the fresh air. Most of all, though, she looks forward to building a strong foundation in the community as she intends to stay in Great Falls upon leaving the Center.

This revelation led to subsequent discussions of what sort of community she had built up to now. Having been promoted at work, she currently holds the role of assistant manager at one of the Town Pump locations here in Great Falls. However, she is moving into the position of co-manager. With that role comes more independence, more responsibility. She said of her excelling at work, “It is one of the things I pride myself on...when I am sober... being self-reliant and reliable. It sucks that that is the first thing to go with addiction. But, I am excited for what it means now.”



Indeed, there is a joke that there are two kinds of people in the world, those that divide the entire population into two groups, and those who do not. While, in many work environments it could seem easy to argue that there are two types of people: those that value themselves above their abilities, and those who value themselves below, Julia needs no self-estimation. Her value to the company has been clearly spelled out through the duties with which she has been entrusted. She is directly connected to operations in that she manages inventory, ordering resupplies. She also helps with staffing and closing out the store. Throughout every promotion, Julia has risen to and excelled beyond each challenge. Of course she did, or the multiple promotions and career opportunities would never have been hers. And, that respect is returned.

As gratifying as her job is, it is more than that. She has made friends with coworkers. That is part of her foundation. “I have a great group of people up there. It is definitely part of my support network.” She has also made friends with others in the community. In fact, she shared that the apartment she has secured is just above one of the key supports in her sobriety. As a metaphor for life, she spoke of her apartment, “I take a lot of pride in my own space. I am really excited about that...and being intentional about it...not just filling the space with stuff I don’t need. I know my second bedroom is going to be empty for a while, and that is okay.

When asked what it was all for, she replied “It just means building a foundation and a life on top of that...also helping others, like my grandparents or my daughter, being able to help them. It also means community, but mostly just staying sober. I am excited.”

As she moves in to “what’s next”, Julia is prepared to embrace the empty space instead of filling it with the baggage of her past. She embodies a woman who has found a strength that is not attained by luck but by growth, hard, rocky, turbulent growth, but that which makes for a solid and grounded foundation on which to build a beautiful future.

--Noël Walker

Congratulations to the other residents who were accepted into Honors, **Paul Amyotte** (left), **Jessica Mattson** (no photo), and another who wished to remain anonymous. All three residents are walking examples of not just doing but doing well. Thank you for your focus, your enthusiasm, and the joy you all bring to those around you.



Also deserving of praise and recognition is William Madla for completing his duties as an inmate worker and transferring to resident status. Mr. Madla is a force of nature, highly motivated, energetic, and eager to find his success.



## Forward

O'Landtha Ford

Tired in body as well as mind,  
Unable to find my peace in a world that wants to show me the unkind,  
My mind constantly going and never empty of stressing thought.  
Always at war with myself in battles that are constantly fought.  
Constantly reminded of dreams realized and dreams forever gone,  
A few things done right and a lot of things gone so very wrong.  
But, even when life is at its lowest with no seeming end to yet be in sight,  
I look for what I want and set to make things right.  
Eyes on the future I'm moving toward,  
Not ready to give up, one foot in front of the other, I keep moving Forward...

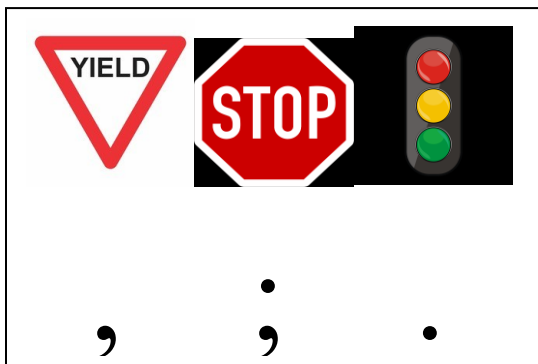
# Nerd Alert: A Monthly Column Bringing You the Nerdiest of News

## A Wink to the Winky-Face—Noël Walker

Teaching high school, then college, then international students online, I have heard a lot of horror stories about how silly, illogical, and complicated the English language is. It is my mission and my joy to illuminate the shadows, to bring light to any areas where there might be uncertainty. One of the areas where people feel insecure is punctuation. So, let's talk about that.

First of all, unlike words, which are created by the public and run through the gauntlet of public approval, punctuation was created by nerds. Well, printers, to be more precise. And, speaking of precision, that was their goal. When they were spending HOURS setting each little letter's stamp, painstakingly organizing each letter into a word, words into a sentences, sentences into a paragraphs, paragraphs into pages, and each pages into leaves, they wanted to be sure they understood what was being said, that it was being said correctly, before they spent all that time and effort. This was before there were editors. Shoot, this was before there were dictionaries. No rules were set in stone because the reading public was too widespread. However, printers worked in a guild. So, they got together, probably over some mead or cider or beer, and decided they were going to create a way to make sure they (and the public by extension) understood what the writer was even saying before they printed, got blamed for mistakes, then had to reprint at their own expense. Thus, punctuation was born.

What is the purpose of punctuation? Punctuation works like the road signs you encounter that tell you what to expect from the road ahead. They tell you how to navigate. Instead of bends or deer crossings, punctuation tells you how to navigate the words for the maximum meaning. What is a hesitation, what is a pause, and what is a full stop? This matters because it impacts how we understand and feel about what we are reading. How? Well, let's look at a couple of examples.



“Your crap” is very different than “You’re crap.” They sound the same. People make this mistake A LOT, but the meaning to the reader is very different. Another pretty popular example is “Let’s eat, Grandma,” and “Let’s eat Grandma.” I think we can all agree these are two VERY different sentences. One is encouraging; the other is cannibalism.

Conveniently for the printer, this one little dot with a swoop serves double duty as a comma and an apostrophe. But that one character works overtime making sure that we as the readers are understanding what the writer, who may or may not know

grammar, is trying to communicate.

In addition to commas and apostrophes, the comma also appears in my favorite piece of punctuation, the semicolon. Unlike dashes, which have no real meaning; apostrophes, which have several; and commas, which have more uses than a shamwow, the semicolon has only two applications. Firstly, when you are joining two complete sentences together, and you don't want the interruption of a comma and a coordinate conjunction, you can separate the two with a semicolon. For example, “My fingernails are thin; they always break.” These are two sentences. They are simple sentences. Putting a period between the two might sound like I am writing a children's book (“See Spot. See Spot run. Run, Spot, run.”). It is choppy. It feels disconnected. Too many sentences like this reads like poor writing. It can even stress the reader out. It's like driving on a road with too many stop lights, and you catch every red. But, what conjunction can you put between? Your choices are the

FANBOYS conjunctions (For, And, Nor, But, Or, Yet, So). None of these work in a way that adds to the understanding of the sentence. If it doesn't add understanding, it is pointless and should be removed. For that reason, a semicolon works. It replaces an unattractive period, and it takes away the guess work, which I love. And, as bonus points, you are creating a compound sentence, showing a higher facility with the English language, and, because so many people are confused about what a semicolon does, you are getting extra "smart points."

That is half of the purpose of a semicolon. The other one is when you are listing things and those things have punctuation of their own, like in the last paragraph. Or, if you feel like going back to February's newsletter when we talked about appositives, dates and cities/states are a common example. If you said, "My dream is to travel to Boston, Massachusetts, Philadelphia, Pennsylvania, and Alexandria, Virginia," it looks like all the capitalized nouns are of equal value. They aren't, though. Some are cities, and some are states. They belong in pairs, and the semicolon works to separate the pairs. Instead you would say, "My dream is to travel to Boston, Massachusetts; Philadelphia, Pennsylvania; and Alexandria, Virginia." In this way, the semicolon makes it clearer how the items are grouped.

That is it. The semicolon, true to its appearance works as either a miniature period or as a mega-comma. And, it is the eyes on a winky face. Now, that wink can symbolize approval rather than sneaky deception.

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## **Discerning Truth Series: Blue Blood**

By: Raymond Berry; Noël Walker, ed.

A common myth that persists even in educational settings is the idea that blood is blue inside the human body. This belief often arises from the appearance of veins under the skin, which can look blue. However, this visual effect does not accurately reflect the color of blood. In reality, blood is always red, though its shade can vary based on oxygen content.

The misconception about "blue blood" likely originates from the way light interacts with the skin and veins. When light penetrates the skin, blue wavelengths are scattered more than red wavelengths, giving veins their bluish appearance. This optical illusion can lead to the incorrect belief that blood itself is blue, even though we can confirm through direct observation that blood is red in both oxygenated and deoxygenated states.



This myth underscores a broader issue where misunderstandings or oversimplifications are taught in schools. While the "blue blood" myth seems relatively harmless, it highlights the importance of accurate scientific education and the need to clarify misconceptions that can easily spread. For, along with the term "blue blood", came the idea of using that term to show social status—purity. "Blue bloods" are considered descended from "important", typically European, gene pools. The more money one had, the less time spent outside working in the sun. The paler the skin, the bluer the veins looked.

Reflecting on this, consider how frequently information in educational settings may be misunderstood or misrepresented. Are there other examples in your experience where myths or inaccuracies have been taught as facts? Have those "facts" led to other misrepresentations of truth? In an era where information is more accessible than ever, how can we ensure that our understanding is based on solid evidence rather than misconceptions?

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

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## Robin's Meditation Station

Sometimes, the easiest way to get through a struggle is to see how others did it. It is no surprise that life is full of struggles. It always has been, and it will be until people no longer inhabit the earth (but, can you imagine the struggle leading up to THAT moment?!) This month, as we move toward the season of bikini bodies unrealized, days of fishing unspent, accomplishments uncelebrated, vacations untaken, let's take a look at some of the realizations that have come from other people feeling *less than*.

1. The less you say, the more your words will matter.
2. Don't take everything personally. Not everyone thinks about you, as much as you do.
3. When you focus on problems, you'll have more problems. When you focus on possibilities, you'll have more opportunities.
4. No matter how much it hurts now, someday you will look back and realize your struggle changed your life for the better.
5. There will always be a reason why you meet people. Either you need them to change your life or you are the one that will change theirs.
6. Never be afraid to try something new because life gets boring when you stay within the limits of what you already know.
7. The only person you have to face in the morning is yourself.



**Robin Castle**  
**Licensed Clinical Professional**  
**Counselor**  
455-9333 robin@gfprc.org

## Take a Walk in the Garden—Noël Walker

If you think growing your food is easy, allow me to disabuse you of that notion. Gardening is an act of love, of selflessness, and of meditation. Throughout the process, the gardener sees firsthand the fragility of life, yet also the dogged persistence of it. Life finds a way. It does, but that term “life” also includes mice and birds who eat the seeds you plant; it includes bugs and fungus which attack plants from every angle. However, the lesson from gardening remains the same. Things just want to live. If you provide the basics, they will thrive. They need soil, water, space, and light. Not too much of any, but not too little, either. It is a balancing act, but the rewards are bountiful.



1. April 24<sup>th</sup> shows the ground tilled and prepared. Seeds are barely planted.
2. The radishes start to peek out of the ground May 2<sup>nd</sup>, showing their tender first leaves.
3. By May 22<sup>nd</sup> the radishes are in full swing, and
4. the carrots are popping up beside them.
5. Just a short while later, on June 12<sup>th</sup>, the radishes are mature, and the carrots have grown inches.
6. By June 16, the radishes are harvested, and the carrots have full claim to the sunlight.



# Staying Hydrated During Summer

Dear Residents,

As we step into June and embrace the warmer weather, it's essential to focus on a crucial aspect of our health: hydration. During the summer months, our bodies are at a higher risk of dehydration due to increased temperatures and physical activity. As your nurse, I want to share some important information on why staying hydrated is vital and how to do it effectively.



## Why Hydration Matters

Water plays a fundamental role in our bodies. It helps regulate body temperature, keeps joints lubricated, and enables organs to function properly. Dehydration can lead to serious health issues, including kidney stones, urinary tract infections, and heat exhaustion.

## Signs of Dehydration

It's important to recognize the signs of dehydration. These may include: - Thirst - Dry mouth - Fatigue - Dizziness or lightheadedness - Dark yellow urine. If you notice these symptoms, it's vital to take action immediately.

## Tips to Stay Hydrated

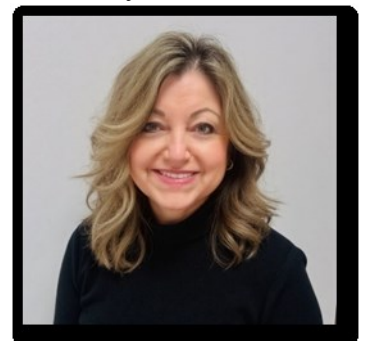
1. Drink Water Regularly:  
Aim for at least 8 cups (2 liters) of water daily. Carry a water bottle to remind yourself to drink throughout the day.
2. Incorporate Hydrating Foods:  
Fruits and vegetables, such as watermelon, cucumbers, and oranges, contain high water content and can help you stay hydrated.
3. Limit Caffeine:  
Caffeine can contribute to dehydration. If you consume caffeinated beverages, balance them with extra water.
4. Monitor Your Urine Color:  
Light yellow urine indicates good hydration, while dark yellow signals the need for more fluids.
5. Adjust for Activity Levels:  
If you're engaging in physical activities, increase your water intake before, during, and after exercise.

## Stay Cool and Hydrated

As we enjoy the summer sun, let's prioritize our health by staying hydrated. Take care and stay safe.

## RN Hunter

1. Q: Why did the inmate apply for a job at the library?
2. A: He wanted to check out early!



## Another Successful Financial Literacy Course!



Thank you to Alana Haynes with Clearwater Credit Union for sharing her wisdom and expertise with us. Over the course of four Fridays, Alana guides residents through the different ways to help you be more informed as a bank customer, borrower, saver, and general consumer. If you haven't taken this course, it is so incredibly worth your time. There are no books to buy, zero risks, just rewards.

Alana will be back in the Fall with a new session. Be on the lookout for fliers if you are interested in taking part.



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



**Jeff Barnhart**

Facility Services Director

1. People notice a distinct smell in the air after it rains. That smell is caused by bacteria called actinomycetes and is officially called *petrichor*.

2. The medical name for the butt crack is "intergluteal cleft".

3. Handshakes were originally meant to make sure that the person you were meeting wasn't carrying a concealed weapon. The hand clasp proved that your hand was empty and shaking was meant to dislodge any weapons hiding up the sleeve.



**In earlier times the Romans used the handshake to symbolize agreement and compromise.**

4. The Boomslang snake's venom causes you to bleed from ALL holes of your body.

5. Women have twice as many pain receptors on their body than men, but a much higher pain tolerance.

6. When getting a new car, choose one that is silver. The color is most visible on the road and is least likely to get into an accident.

7. Did you know: by law, a pregnant woman can pee anywhere she wants to in Britain, even in a police officer's helmet.

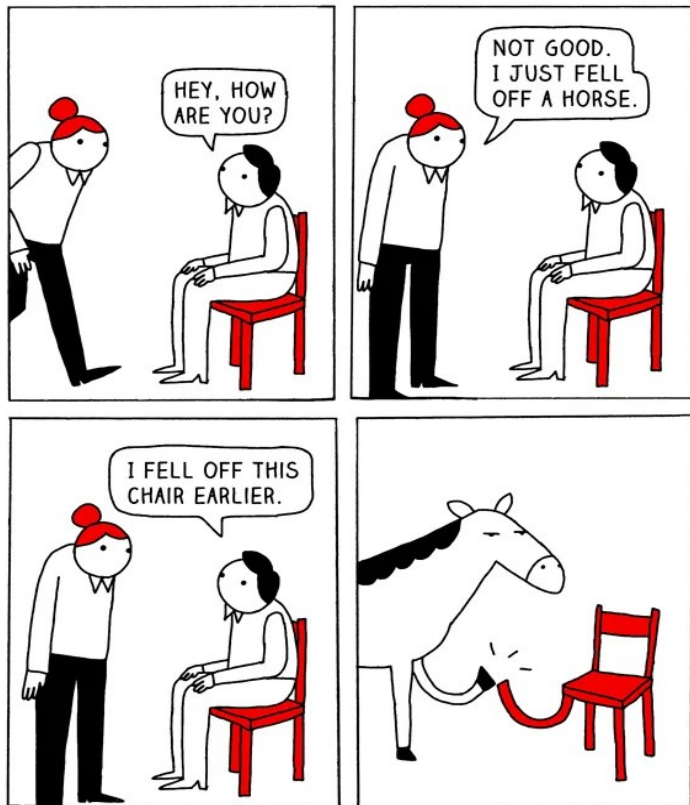


8. The butterflies you get in your stomach when you see someone you like is actually a stress response caused by adrenaline.

9. A small amount of stress helps you to remember things better, but a large amount may hinder your memory.

10. M&M's chocolate stands for the initials for its inventors Mars and Murrie.

# Fun and Games



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## Can You Name All 50 States?

- 4 States that start with A
- 3 States that start with C
- De, F, G, H states
- 4 I states
- 2 K states
- 1 L state
- 8 M states
- 8 N states (4 "News", 2 "Norths")
- 3 Os
- 1 P, 1 R
- 2 S states
- 2 T states
- 1 U
- 2 Vs
- 4 Ws

When you label the map, look for visual clues, like how the L state in the Gulf looks like boots, an A state makes the pants, an M state makes the torso, an I state the face, and an M state the chef hat. Get creative to help you remember what goes where.

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You are encouraged to submit original or meaningful texts, drawings, art, poetry, etc.

noel@gfprc ext. 346