

## Resident Standouts

Editor's note: This month, I asked for residents who are making the most of their opportunity to be here, those who are embracing this Season of Change. For those who are ready to move on to new places and adventures, what have they learned that they would like to pass along to those who are just starting out.

**1) Ray (Rashaad) Collins** is a stand out in my opinion. He had hip surgery when he arrived and had his program delayed because of that. He kept a good attitude and has done everything he could do. He is a Front Desk Agent at Holiday Inn Express and was described as "exceptional" by his supervisor. I have seen him at the Center interacting with his co-workers in a way that encourages them and creates a sense of team. He is a real asset in group, providing a positive attitude, productive feedback, and a powerful perspective that really speaks to the other participants. **2)** I

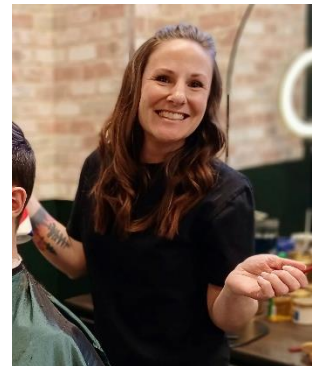
would like to nominate **Ray Collins**. In the spirit of "Weebles wobble, but they don't fall down," (shout out to the 80s kids who get this reference) this man might wobble, but he doesn't fall. Despite health issues, surgery, recovery, and physical pain, he has not lost an ounce of positivity. And, he claims it is just what people do. Okay. Sure. But, you and I both know people tend to lean on excuses for why we think we *can't* (I am totally including myself in this). Not Mr. Collins. In fact, he has not missed an opportunity to put his issues to the side to help others, declining any sort of recognition because "it's just human decency". So, thank you, Mr. Collins, for your kindness, your humor, and for working to release as soon as possible so you can stop showing up the rest of us.



I nominate **Bret Kuntz** (left). He has sailed through his time as an inmate worker with grace and dignity and is about to switch to "resident" status. He is helpful to others, works HARD, and maintains his focus on the things that matter most. He is an example to others with his ability to face setbacks and not get bent out of shape.

and has run a clean program. She is quiet and flies under the radar, but I want her to know that I see her and appreciate her.

**Chelsea Edwards** (right) has worked so hard to get where she is. She is successful in a job she loves that she can stay with when she leaves. She is kind and easy to work with



**Sherri Kingston** (no photo) stands out to me. She is kind and patient. She advocated for herself to leave one job to get a job in the field to which she brings years of experience and expertise. In this job she has excelled, even receiving a promotion. She is always cheerful and has a positive attitude.



Can I nominate **Tony Doyle** (left)? He is always respectful, is a hard worker, and has a positive attitude. I could work with him all day long. Not to mention, he's got a great sense of humor.

**Jennifer Gruce** (right) comes to mind immediately. Even though she has had a long time at the center, she has been so patient, so kind and accepting of her program. She communicates effectively, working full time and managing her NA/AA meetings. She strives to do her best every day! Her attitude is above all! Calm & patient beyond measure. You keep doing you, Jennifer!



## Spirit of Change: Words of Wisdom from Dawn Cooper

I have been here for a while now. Working on making it as long as Jeff LOL. I would like all of the new staff to know it may be rocky at first, but as time goes by and you learn new aspects of the purpose of the center, you will get the opportunity to see what an impact the center has on the residents and the community. You will get the opportunity to see the residents in the community after they complete the program and they are excited to tell you how great they are doing; you will get the opportunity to see that past residents are now contributing to the community. And, the greatest part of all, they are thankful for everything you did to help them along the way to becoming something more than they were. That is what we are about: **a chance for change**, and you will see it happen.

## TRADE SPOTLIGHT

Now enrolling...

### STRUCTURAL WELDING PROGRAM

September 29-November 13 | Mon-Thurs | 5-9:30 PM



#### Why structural welding?

This course is expertly crafted to meet local workforce demands. Dive into hands-on training, earn a certificate, interview with industry partners, and prepare for 2F & 2G Welding qualifications.

#### What you will learn:

- Math: (basic fractions, adding, and subtracting fractions)
- Tools/Safety
- Welding Procedure Specification (WPS)
- Weld Discontinuities
- Weld Symbols
- Cutting: Plasma & Oxy-Fuel
- Intro to FCAW
- Fillet Welds
- Groove Welds
- Air Arc
- Blueprints: Interpretation & Application
- Fitting



Congratulations to **Michael Heavy Runner** for completing the Structural Welding Course! He graduated 7/10/25 and joins the ranks of all the other residents who completed the course since its creation. It is an elite distinction, but it is attainable.



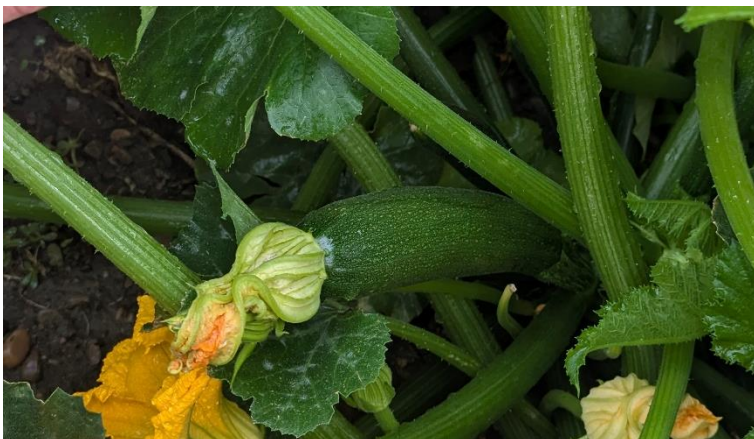


# Embracing Life at the Center

**Martha Tate** (left) and **Leslie Felton** (right) show off their hard work next to the sunflowers they are growing in the garden they planted as part of their inmate worker experience. In addition to sunflowers, they planted herbs, tomatoes, radishes (from last month's newsletter), carrots, green beans, summer squash, lettuce, spinach, onions, zucchini, and pumpkin. I am probably missing a few, but the sun has been unforgiving on the labels. Thank you both, as well as Dawn, for the care you have shown, the effort you have given, and the love you have shared in tending these delicate seeds through to their maturity. Gardening is a skill, yes, but it is also a meditation and an act of selflessness and nurturing. Maybe that is why nothing tastes like homegrown.



Left-peas on 6/12. Center-peas on 7/9—they are LOADED with pods. Right—Leslie uses her lunch break to water the garden. Note the sunflowers from the photo above, taken 7/1, are almost at the top of the fence as of 7/9. Below, this zucchini is almost ready.



Talking briefly with each woman, Martha shared some sweet memories of growing up on a farm. Leslie said that she is loving her first gardening experience and is excited to continue the practice when she returns home.



# Getting to Know You

**Bobby Wright** About me: I graduated from the University of



Providence with a Bachelor of Arts degree in psychology and have been a licensed addictions counselor since 2019. I very much enjoy the field of psychology and helping people recognize and reach their potential.



I enjoy watching football. During football season, you'll find me watching the games and screaming at the refs on my TV. I'm passionate about the Denver Broncos. "Go Broncos." I love movies and like to go to movie locations as a fun hobby whenever I travel. Most recently, I visited all the Back to the Future filming locations.

In my spare time, I love to study finances and play music. I play the guitar, bass guitar, and drums. I've been playing in a professional setting since 1998.

Look past your thoughts,  
so you may drink the pure  
nectar of This Moment.

Rumi

quote fancy

# Julian Ruiz

By: Noël Walker

Congratulations to Julian Ruiz for completing the requirements of his HiSET. I haven't done an interview for graduating in six months, but there is a really good reason for why there is an article for Julian. That reason is: I already had an article written. So, now instead of focusing on how he will spend his time left in the Center, this article, which was written months ago, gets to focus on what he plans to do once he gets out in a couple of weeks.

The beauty of Julian is that, for as spontaneous and in-the-moment as he is, he is also pretty consistent—not quite predictable, certainly not boring, but consistent. For example, when I interviewed him back in late March/early April, he focused on his sobriety and what he was doing then to build community and support in the community. That hasn't changed for him. His response then as much as now paints such a clear picture of who Julian is and where his focus lies, that I am going to quote it directly instead of paraphrasing. He said he looked forward to going places, “with my sponsor and to work on my steps. Like, to Giant Springs, The Interpretive Center...places that have meaning...not just places to get out of the Pre-Release.”



This answer carries more weight now than it did in the spring. By the time this article is printed, Julian will be living on his own. He won't have to deal with passes and approved visitors, but it shows the energy and effort he has expended getting to where he needs to be for success. And it wraps up Julian in a nutshell: positive to a fault, doggedly focused on his sobriety, and in search of meaning instead of “things.” He looks for quality over quantity.

More than tangible things, Julian is looking for depth and what is “real.” During our initial chat, he joked that he's been a terrible friend, but part of that comes from a place of seeking shallow relationships. He sees that deeper relationships take work. It would be easier for a tree to just run its roots along the topsoil rather than break up rocks, clay, and impacted dirt. But a tree with shallow roots can be blown over by a breeze. It will

also starve because that topsoil dries out and gets blown away by the passing breezes. This is true for relationships with family, with friends, and with other people who've crossed his path. Yes, they might seem like too much trouble, but if they are to stand the test of time, they are worth it.

My coffee is  
my biggest  
helper.

If you've talked to Julian at all (if you've set foot on West Campus, in other words), you know him to be goofy, kind, and generally fun to be around. He gives me a run for my money in chattiness alone. However, you don't need to be a psych professor to know that that kind of blind optimism doesn't come easily in settings like this. That kind of unfailing positivity takes work. Like everyone else, Julian's suffered, grieved, and lost. One might even argue that he's lost more than many by

losing his four-year-old son to the West Nile Virus. However, his personality does not allow him to stay in that dark place. He keeps moving forward. Granted, in the past, the direction in which that took him might not have been the best (spoiler: it wasn't), but one has to respect the fact that he didn't choose to wallow. Instead, he kept moving.

Now, with a path set and a goal in mind, Julian is a pioneer of his own life, blazing trails untraveled. Part of that path is learning to set boundaries within his own life and building his self-confidence. He is grateful for his meetings with Robin and for the insight she has given him. He respects her ability to identify the problem with compassion but also with directness. He said, “I like that she doesn't enable me.” Instead, he has begun journaling affirmations and thoughts as he prepares to leave the Center in the coming months. Likewise, he sees his treatment and attendance at meetings as a way to build community once he leaves the Center. He sees the value of surrounding himself with likeminded people, people who share his values, his past, but also his goals.

Those goals no longer include completing his HiSET test. Whether he guessed, whether Jesus took the wheel, who knows. What *I* know is that Julian took the 55-question HiSET math test, arguably the hardest test in the battery of 5 tests, and passed it in only 18 minutes. If you think that is nothing, I would encourage you to put some of those math skills to work and figure out how many seconds per question that averages. Seconds. Not minutes. He had 90 minutes because, statistically, 90 minutes allows for a thorough set of calculations but is still challenging if you don't know the material. That material includes algebra, geometry, fractions, decimals, statistics, and probabilities.

So, yes. A hearty congratulations goes to Julian Ruiz. Congratulations for successfully completing your programming, for all your accomplishments here, and for completing this goal that has been hanging over your head for years. More than anything, congratulations on the legacy you have built here at the Center and for the example you have set for others.



## ***Please don't go! A message from the heart of our Center, who has looked after our residents with compassion and overwhelming hope for your future...Noël Walker***

In the spirit of seasons of change, I would like to say a big "thank you" to all the friends I have made while here. First of all, thank you to all the COs and CTSs for your patience as I stomped on your toes in the process of learning.

Thank you to all my coworkers who have been so beautifully supportive.

Thank you, Ray, for your support. For teasing me about my socialist college education while I made fun of your near fanatical support of the Texas Longhorn franchise. Seriously. Get a life. haha

Thank you to Mike Sadowsky. Thank you for your constant willingness to stop what you are doing and help. Thank you for just being cool.

Thank you to Joe for being my sounding board and helping me understand I am only a little crazy. I've watched you support countless coworkers and residents alike above and beyond what you *have* to do because that is simply who you are. You have a great heart.

Thank you to all those with whom I have shared a meal—for the communion and companionship of those hours spent finding levity and humor in every possible situation.


Thank you, Brenda, for all your care, kindness, and support. You continually do so much for the Center, its residents, and its employees without asking for anything in return, not even a pat on the back. Let me take this self-indulgent opportunity to give you some recognition. You are truly amazing. See you in Wichita Falls!

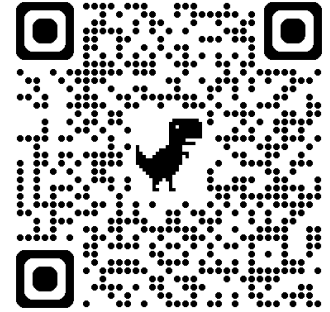
Thank you to Sheena. Where do I even begin? Thank you for being such a marvelous office neighbor. For listening to me complain, rage, and cry with the same attention, engagement, and care as you listened to me shamelessly brag on the successes of various residents. Thank you, for the boundless depths of your kindness, empathy, and integrity in all things. I love you!



Thank you, Robin, for checking up on me, for listening to me, for providing resources to help my peace of mind, and for helping me embrace the serenity prayer in my own life.

Thank you, Shellie, for trusting me to be a professional. I have worked in various professional capacities throughout my adult life, but never have I had the freedom to BE a professional. Your trust in me allowed me to grow in my own confidence and abilities, and you have set the standard to which I will compare future leadership. Thank you for trusting me, my vision, and for reeling me in in the kindest way possible when I perhaps reached too far.

And, thank you Karen Conley for being such a beautiful person. For our Friday lunches that grew into therapy sessions, for the sweet community you help to create here, for the encouraging weekend texts, for your gracious support, for your strength, for crying *with* me, for being such a marvelous ambassador for God's unfailing love. Thank you for your openness and vulnerability. You are living, breathing *kintsugi* (look it up ) , and I absolutely adore you for who you are.



And, thank you to the residents, both those who might be reading this online because they are no longer here and those who *are* still here. You all have made a lasting impact on me. Thank you for your willingness to share, to joke, to be open and real. Thank you for sharing your faith journeys with me, your sorrows, your joys, your spiritual depths, and daily epiphanies. I greatly appreciate the trust you placed in me for representing you in the newsletter as well as just valuing me as a conversational partner. Thank you for letting me be motivated by your motivation. Thank you for still holding the door open when I mosey up more slowly than you probably realized. Thank you for not being too annoyed with what I know to be often obnoxious levels of enthusiasm.

I could write a paragraph to almost every person here. Please don't be offended if I didn't mention you by name. Sonja is already off to a phenomenal start on the newsletter, and I don't want to put her in the position of having to cut content for size. So, thank you, everyone. Every single one of you has made the past 21 months a beautiful experience. I am confident in the work we all do, in the spirit in which it is done, and in the purpose we carry with us into our futures, wherever those take us.

## Future Build is coming soon!



**If you are interested in learning the construction trades, talk to your CTS! This is a grant-funded, 4-week hybrid course, meaning you do most of your work online, and practice your skills the 4 Fridays you go to the build site.**



### Program Cost:

**Free with Approved Application**

Includes a toolkit with basic tools and supplies, textbooks and certifications.

Future Build is grant funded through the City of Great Falls ARPA and is developed & supported by collaborative community partnerships:



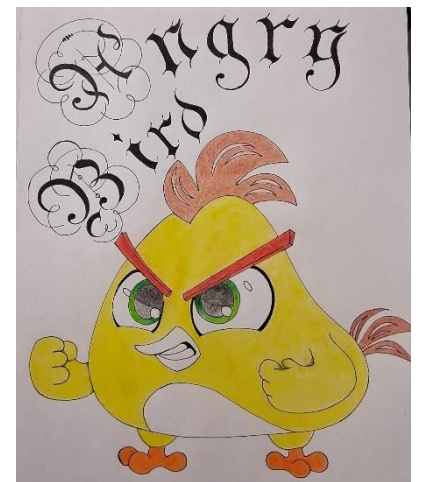
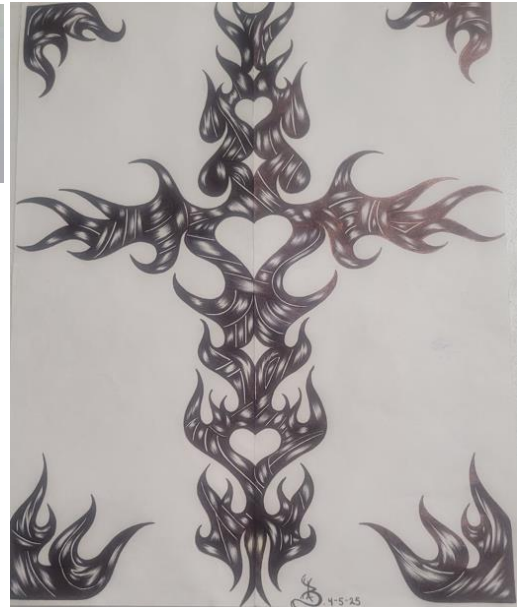
GREAT FALLS  
COLLEGE  
MONTANA STATE  
UNIVERSITY



Habitat  
for Humanity  
Great Falls Area



## Art Corner



**Cynthia Bright** plays with color and hue in her skull studies above, left and center. **William Madril** is a man of many talents, evidenced by his cross picture above, right.

**Darrell Graves** showcases his artistic talent in the pictures on the right and below.



Regarding the “Angry Bird” artwork shown above, William Madril wanted to let us know that Darrell drew the picture to represent him. According to William, when he was locked up about a year ago, he wore his hair sticking straight up, and it was colored orange and blond. Additionally, Mr. Madril only has his bottom teeth intact, so it creates the appearance that he always looks angry. For these reasons, he was given the nickname “Angry Bird,” and it has stuck with him ever since.

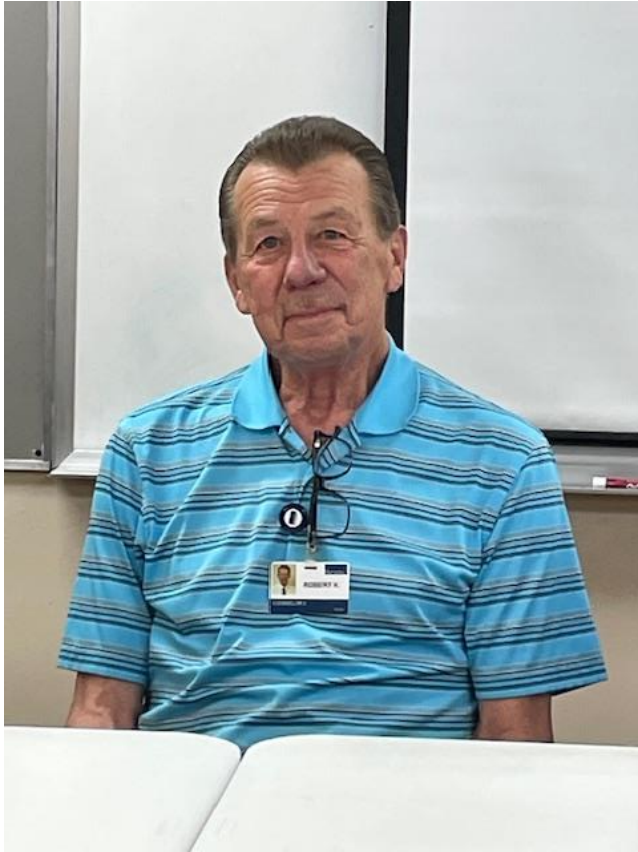


## Saying Goodbye to an Era:

### Karen Workman and Robert Kemp Retire after 45 Years of Combined Service

Family and co-workers joined together to say farewell to two pillars of the Great Falls Pre-Release Treatment Team, our two LACs. We can't thank them enough for their advocacy, encouragement, and the positive impact they have had on so many residents and the people whom they have in turn touched. We are forever grateful.

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We send you off with all our love. You will be sorely missed. But, just as every sunset is chased by a sunrise, we wish you the best as you move on to your next phase of life, pursuing your passions and interests to the fullest.



## Joe Regimbal—Honors Member

Joe Regimbal, new Honors member, is unapologetic about his path to freedom and what he needs to do to make it happen. Joe's family is the bright light that is shining closer and closer, guiding him home and back to the connections with his loved ones that he craves. So, yes, Joe chose to do treatment. He chose to come to the Pre-Release. Joe chose life with his family over a life of addiction and incarceration. Joe is good with his choices, since anything else is meaningless and shallow, like his addiction that tried to entice him with empty promises of happiness, but was only chasing shadows.

Joe understands with complete clarity that there is no drug on earth, no other experience he could live, that would even come close to the happiness and fulfillment he has being part of his family.

The story of Joe's fall is a familiar one, way too familiar to many, which was finding out his wife was unfaithful. No way to sugar coat this experience. It's just painful on so many levels. The sudden shock of finding this out was like a cold shattering to his world. Joe lost his footing and plunged into an addiction and all that it entailed, none of which he is proud of. But there it was and Joe had to come to the stark realization that he had created this chaos and destruction in his life and the lives of others.

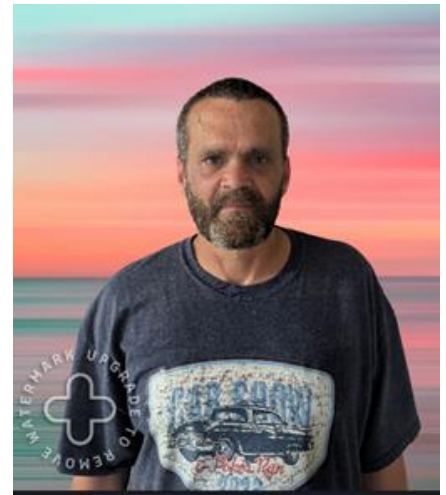
Joe's subsequent incarceration no doubt saved him from further destruction. However, Joe's withdrawal from the drugs wasn't pretty. It never is, especially when locked down for 23 hours per day. Kicking the habit meant not only being unable to keep food down, but water as well. For almost a month, with near constant stomach pain, his body craved the fentanyl. Until, mercifully, Joe began to heal, and his craving began to abate. But then comes the hard part - what to do next?

Get back out and go for another round?

At this point, however, Joe decided no to the drug life, no to jail, no to the frightening sickness of withdrawal, no to being away from his family. As he told me, "once was enough". He wanted treatment, he wanted to transition in a half-way house, he desperately wanted his family back. "They need me and I need them." Nothing the drug life could produce was as real to Joe as the love of his family. Straight up. No hesitation.

Joe's father was also a single parent and is a person Joe looks up to. So, Joe's path was clear and remains clear. Joe's steady and sincere desire to be with his kids and his grandkids surpasses everything. His advice for those struggling to see the value of being in a pre-release, Joe gives a quick reality check: "If you have kids and/or grandkids, think about them." Then, being in a transition facility takes on a whole new meaning: it is not a prison, it is a portal, a route back to real and true happiness, fulfillment and contentment.

Joe Regimbal will always choose his family. His authentic and sincere love and devotion to his family is an inspiration. Thank you to Joe for sharing your story and for reminding us, "you are all alone without your family. It's all about family." We wish Joe and his family years of happiness and togetherness and are proud to welcome Joe to the Honors Program.



News by Sheena Jarvey



# Great Falls College/Montana State University Dental Clinic

## **WANTS YOU**



...to know they have your back. If you need to get back on track with your oral health, they are here to help. They offer a variety of services to help you reclaim your power. Whether your mouth needs a deep clean, a little attention, or the works, they offer services like panoramic X-Rays; neck, jaw, and sinus exams; deep cleaning and tartar removal; and even preventive care like fluoride and sealant treatments.

Not only do they do all of this at a steep discount, sometimes saving you 90-95% of what a dentist's office might charge, they provide emotional support against anxiety, follow up care, and top-of-the-line attention to detail. Their mission is to provide accessibility to the community.

If any of this sounds good to you, please leave your number or email for Heidi to pass on. The students will contact you to set up an appointment.



### **A few things to know:**

- These students are required to help a certain number of people. If you sign up, make sure you can also attend. They are held to strict requirements and **MUST** fill their appointments.
- If you need to cancel for an emergency, please allow 24 hours so they can try to find a replacement appointment.
- This service does not require you to be at the Pre-Release. If you are releasing soon or if you know of someone else who could benefit, feel free to pass on the information.
- They work with children starting at age 4 through to adults who are in ***all*** stages of oral health.
- They also offer services like fluoride treatments to strengthen weak spots in your enamel and sealants to preserve each tooth's integrity.

#### **One Time Fees/Cleaning:**

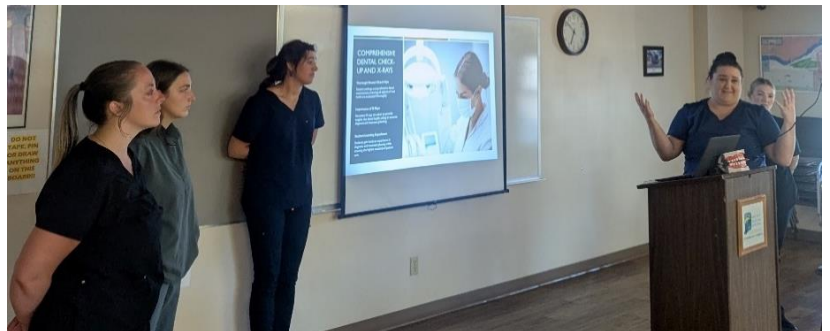
**\$40-Adults**

**\$35- Seniors (55+), children, military**

**\$25-X-rays only**

### **What to expect:**

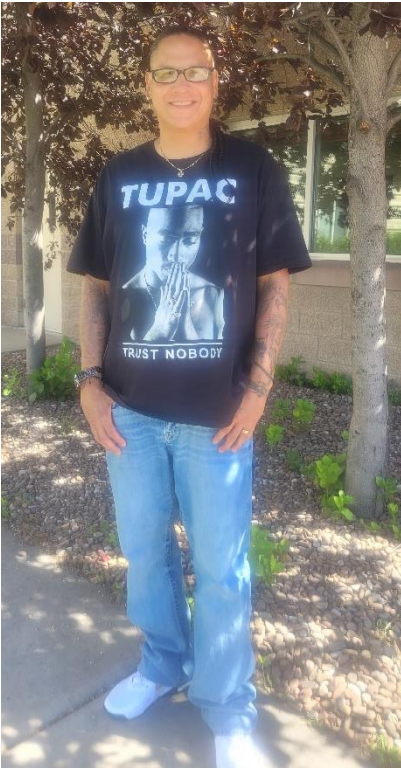
- Because this is for the students' educations as well as your health, your appointment will be spread out over 3 sessions (plan on 3 hours for each appointment).
  1. The first appointment is data gathering. This is where they ask you about your health history that could impact your mouth, teeth, and overall health. They take x-rays and do the initial exam to create a plan with a licensed dental hygienist.
  2. The second appointment is where they put that plan into action. This is when they clean your teeth and provide any treatments or services to halt any damage from progressing.
  3. The third appointment is follow-up care. They check to make sure everything looks good, that you feel good, and that nothing else is needed.
- If you need additional support from a dentist, they can send any treatment, x-rays, etc., to the dentist of your choosing.



**They accept cash and cards.**

**Now scheduling appointments for mid/late August (plenty of time to budget!)**

## Frankie Stanley—Honors Member—by Sonja Roberts



Anyone who knew Frankie Stanley from the past would not recognize the man who he has become. Frankie has gone from once chasing down CO's to now being on the verge of completing his program at the Center. Looking at Frankie's past, there was a time when he was always in a maximum or high-security prison, getting write-ups day in and day out. Now, Frankie is someone who looks forward to waking up every day and taking on whatever comes his way with a positive attitude, and who is ready to help others who are looking to do the same. It is this version of Frankie Stanley who we would like to celebrate as he has earned his Honors Member status here at the Center. Congratulations Frankie!!

At the age of 48, Frankie is finally prepared to get his driver's license. He recently attempted to pass the driving test and, while he didn't quite make it this time around, he did not let this get him down in any way. On the contrary, Frankie is confident that he will accomplish this goal on his next attempt. He recognizes that every trial can be overcome by being more patient with yourself, something he feels that his programs here at the Center have helped him to understand and cultivate within himself.

Frankie has been married to his wife since 2019 and they have been together since 2012. She has stuck by his side and they are planning to renew their marriage once he graduates from the Center in the coming weeks. Frankie longs to be a strong family man and cannot wait to spend time with his

children, his grandchildren, and his nieces and nephews. He goes to church, and people who have known him from the past are surprised to see him there. But, he expects that won't be for long as Frankie intends to stay the course and to be a positive role model for his family and for those he hopes will take the same path he has taken.

When asked what changed for him from the ways he approached things in the past, Frankie explained that he became sincere with the groups and the program. He was ready to be real with himself to see what it might do for him. In the past, he's known that he needed to make some changes, but he never applied himself; he didn't care. This

time around was different for him. Developing relationships with his grown children and their children was a big motivating factor for Frankie. He has relationships with his son and daughter now that he wants to grow. Frankie is also going to be making big decisions regarding some of the people in his life as he takes on the world outside of the Center as well. He has people in his life who are still using, for example. Frankie intends to put himself first and to nurture only those relationships that will help support the positive lifestyle and family bonds that he has established.



Frankie is excited to do all of the things he has been wanting to do for some time. He is looking forward to going to the Fair, feeding ducks, and even having a positive relationship with Probation & Parole, something he never would have fathomed not that long ago. He feels that his opportunity to be an Extended Stay resident here at the Center has provided him with the foundation he needs to be successful in the coming months and years as he starts a new life for himself. We wish you nothing but happiness and success for your future and, by all means, don't come back Frankie, except to attend your support meetings of course. Keep on making us proud! We know you will.



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

## The Portmanteau—Noël Walker

English is funny. For all its exceptions and willingness to bend whatever rule, adopt words and structures from other languages, and generally accept new words as quickly as they are invented (looking at you, Shakespeare), sometimes there just isn't anything that works to express completely what we are trying to say. Sometimes, it isn't as easy as one word to rule them all. Sometimes, it is more like a little of this and a little of that. Like how *brunch* is too much lunch to be breakfast but too much breakfast to truly be lunch. This is where portmanteaux (plural, the "x" is silent) come in.

A portmanteau is when you shorten and combine two words to get a new word. Common examples include "smog" (smoke + fog), "motel" (motor + hotel), and, my personal favorite, "hangry" (hungry + angry). However, as our language adjusts to meet the needs of more global contact, constantly changing technology, and mass communication's impact on slang, portmanteaux have seen a sudden growth in popularity. For example, Netflix is a combination of "internet" and "flicks" (slang for "movies")<sup>1</sup>, and "podcast" is a combination of "iPod" and "broadcast", "bit" is a combination of "binary" and "digit", and "Brangelina" is a combination of "don't" and "care".

It makes sense that these new words might combine existing things to reflect the newness of the innovation. However, every word was new at some point. There are countless examples throughout our language of words that are now taken at face value but which have their origin in portmanteaux. Words like "bodacious" (combination of "bold" and "audacious")<sup>2</sup>, "Velcro" (velvet + crochet), and "meld" (melt + weld). Others, like "electrocute" (electric + execute) and "splatter" (splash + splatter, and arguably one of the grossest words in English...right up there with "moist") hint at a grim need for language evolution.

Even the word itself comes from a combination of "porter" (to carry) and "manteaux" (clothes), and means suitcase in French. However, to be clear, portmanteaux are not the same things as combined words.

Where a portmanteau shows creativity and adaptation, combined words just slap two words together with all the forethought and care of the linguistic equivalent of chewing gum. For example, "breakfast" is not a portmanteau because there is no shortening of one word. It is simply "break" (stop) and "fast" (not eating). Likewise, "suitcase" is a case for suits. In fact, one could easily argue that combined words illustrate just how bad English speakers are at naming things (looking at you, fireplace and corkscrew).

Is it necessary to know the name for these words? Absolutely not. Is it nerdy if you do? You bet! And what is the name of this column but Nerd Alert? So, go out, my fellow nerds, and explore the origin of words and observe the evolution of the language in action as new words and slogans become mainstream.



(Image<sup>3</sup>)

<sup>1</sup> <https://www.mentalfloss.com/article/61196/10-words-you-might-not-know-are-portmanteaux>

<sup>2</sup> <https://www.yourdictionary.com/articles/portmanteaus>

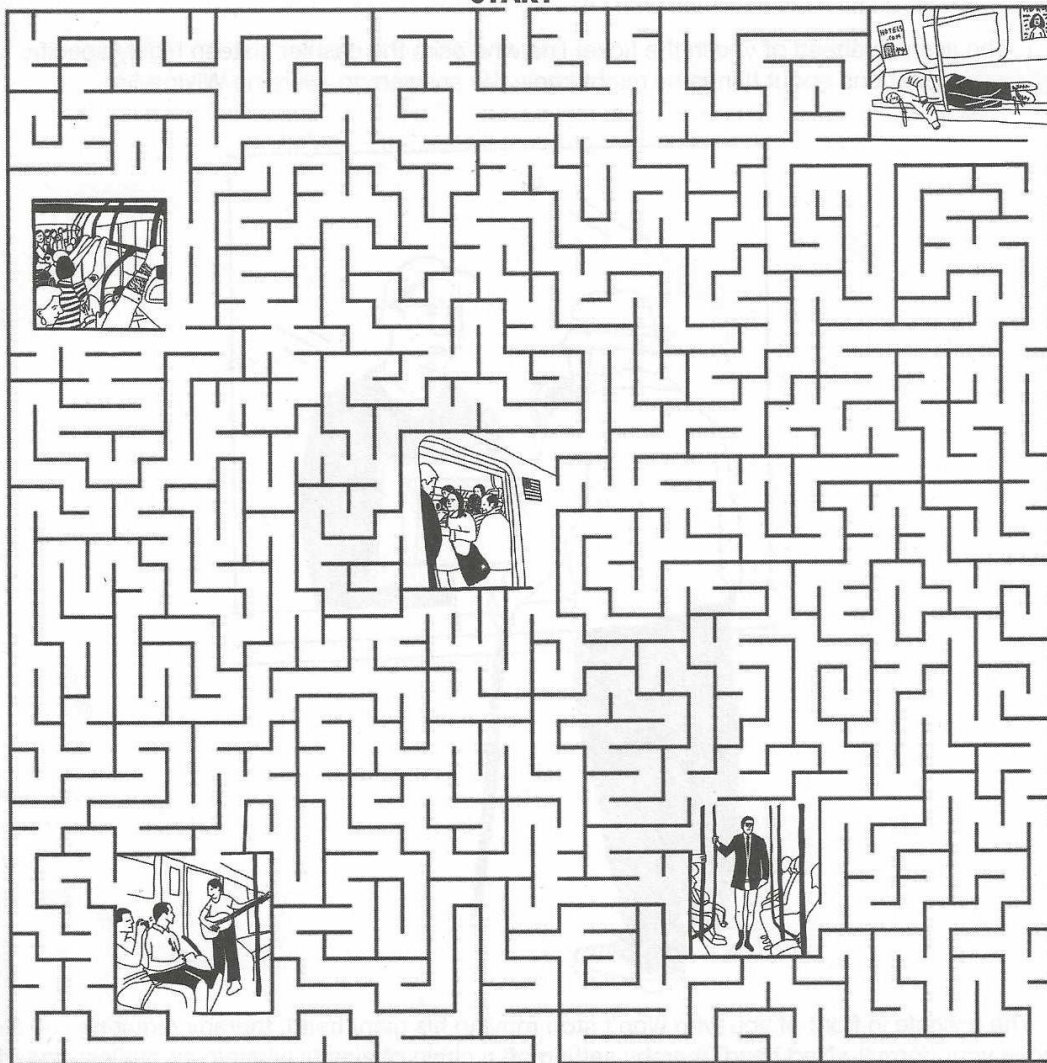
<sup>3</sup> <https://roots2words.com/p/a-dozen-delightful-portmanteaus>

## Robin's Meditation Station

# RIDE THE SUBWAY WITHOUT TOUCHING ANYONE!

NOTHING GETS THOSE GERMAPHOBIC JUICES GOING QUITE LIKE THE PROSPECT OF A NICE LONG RIDE INSIDE A STEEL COFFIN ALONGSIDE SOMEONE WHO HAS PEED HIMSELF, CHILDREN WHO ARE CLEARLY SUFFERING FROM THE BUBONIC PLAGUE, AND THE OCCASIONAL FLASH MOB.

START

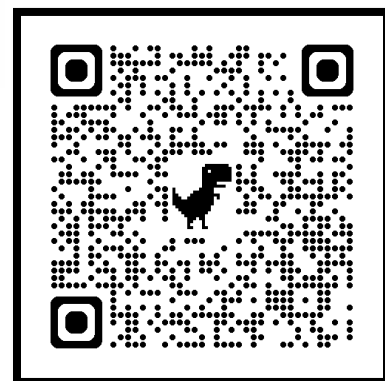


END

*Happiness is temporary. Contentment is consistent. Read the linked article to learn more about the benefits of practicing contentment rather than chasing a wispy notion of happiness. Small changes in thinking can create a lasting impact.*



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

Fun Facts to Know!

July 2025

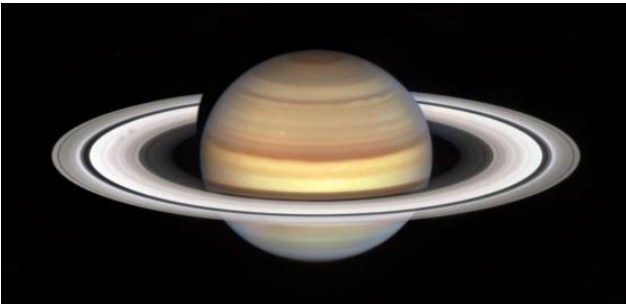


**Jeff Barnhart**

Facility Services Director

On July 5<sup>th</sup> a bright flash on Saturn was captured by NASA's Mario Rana on July 5, 2025. This marks the first time we've ever seen an object crash into the ringed giant in real time. Now, astronomers around the world are scrambling to verify what could be a rare and historic planetary event.

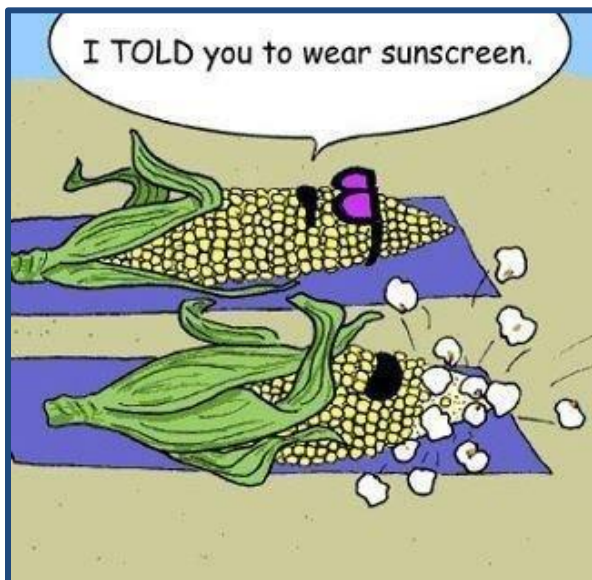
Rana, a volunteer with **NASA's Planetary Virtual Observatory and Laboratory (PVOL)**, was imaging Saturn when the sudden burst of light appeared. The flash occurred at around 09:00 UTC and stood out sharply against the planet's typically uniform cloud bands. PVOL quickly shared the footage of the object that crashed into Saturn and issued a call for help from the astronomical community to see if anyone else had captured similar footage or images of an object crashing into Saturn.



But impacts on gas giants like Saturn don't leave behind smoking craters or visible scars. Unlike Earth or the Moon, which wear their collisions like badges of honor, Saturn's thick atmosphere of hydrogen and helium swallows evidence fast. Any disturbances quickly blend into the turbulence of the planet's outer layers, making it extremely difficult to prove a collision occurred without corroborating footage.

### Did You Know?

While sound cannot carry across the vacuum of space, it can be carried on particles, which can then be reverted back into sound waves for us to hear. When scientists noticed a flow of plasma waves between Saturn and its moon, they were able to extract sound. If you're curious, this is what it sounds like.



### SAFETY TIP

The Sun can be pretty intense – make sure you take lots of water and sunscreen. If you don't have sunscreen, even a thin long-sleeved shirt and a hat is better than nothing when you are out walking around. Don't forget to protect your neck and ears. (was that pun too....corny?)

(<https://uk.pinterest.com/pin/639722322044097697/>)

# Fun and Games



"I just love how they come individually wrapped to seal in the flavor."



Comics: <https://www.rd.com/list/summer-cartoons/>

## SUMMER Word Search



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

BBQ  
HIKING  
PICNICS  
SUMMER  
WATERSLIDE  
BEACH  
CHALK PAINT  
SAND  
POOL  
LIFEGUARD

LEMONADE STAND  
GEOCACHING  
POPSICLES  
CAMPING  
FISHING  
SNORKLING  
OCEAN  
TUBING  
LAKE

BOAT  
TRAMPOLINE  
READING  
HAMMOCK  
ICE CREAM TRUCK  
CRAFTS  
SWIMMING  
SCAVENGER HUNT  
BEACH BALL

Can you think of one summer-themed word for each letter of the alphabet? Can you think of three?

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

[sonja@gfprc.org](mailto:sonja@gfprc.org) or ext. 324

### PRE-RELEASE PRESS

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