

Resident Standouts

Nice work Leslie! **Leslie Felton** (right) has been nominated as a Resident Standout as she just transferred from an Inmate Worker to Residency. She is very energetic about accomplishing all that she can. When she first arrived as an Inmate



Worker, she had obstacles that at first were overwhelming. However, she showed determination to face them all and face the fear of doing so. She made the improvements necessary to excel in her program. She does so cheerfully and with a positive attitude, even when a struggle comes up. She has worked in the Women's Center's garden and her hard work has made it beautiful. Check out the

beautiful bounty of her hard work. Now, she is working at Jakers as a server in the morning and a cook in the evening. She is excited about life and wants to live it to the fullest!



Duane Azure (left) is nominated because he takes the challenges of the program in stride and remains positive and respectful. Most importantly, he chooses to help other residents who struggle with things like filling out their Weekly Schedules. He is approachable by other residents and nonjudgmental of their challenges. He is a mentor, demonstrating to others what it means to be a positive and contributing member of the community.

Mark Molstad has been nominated because he's helpful and has made improvement in his program. Way to go Mark!

Last, but certainly not least, **Lyle Bullshows** (below) has been nominated by multiple people! Lyle is moving forward and is motivating fellow residents every day. He just registered for classes at Great Falls

College to become a Licensed Addiction Counselor. Check out the Great Falls College right, where he is shown representing for doing great and is planning on using his Please see inside for more from Lyle!



Counselor. brochure on the them. He is powers for good!



Andrew Hinkle – Honors Member

By Sonja Roberts

We are proud to recognize one of our newest Honors Members, Andrew Hinkle, who is excited to get home to his family. Andrew likes anything to do with outdoors, including BMX bikes, cruising on his long board, or anything to do with nature. On the other hand, he would much rather binge watch shows than get involved with any type of drama.

It is this positive attitude that has helped Andrew see that he can do recovery and that he has a better shot at life after having been here. He didn't think that he was going to do it at first, but he is yet another awesome example of how demonstrating a little determination and will can open the doors for you to accomplish your goals. He has turned things around for himself and he is super excited about the life ahead of him. For example, he is looking forward to having his own place. He also plans to continue working at Stageline, where he has ties with a family member who also works with him.

When asked what has he gained from being here at the Center, Andrew expressed that this place is actually trying to help us as opposed to how you're treated in jail. We have some freedom here to explore the town, especially with the help of his Honors membership. He has been able to go to the water park, the fair, and get out and have some fun. Experiences such as riding rides, even when getting down poured on, remind him that there is a lot to look forward to. He plans on working to get his GED and is looking to become a mechanic.

The biggest thing Andrew has overcome is his addiction. He plans to stay in recovery and keep going to NA's and AA's when he gets out. He plans to get his driver's license and stay on track instead of the life he used to lead. His family, which includes five siblings and nieces and nephews, is his support system and they want him to do the best he can. The Honors program has helped him to get out and about more and keeps him staying out of that drama!





Purpose Driven

By: Lyle Bullshows

Every struggle in your life has shaped you into the person you are today. Be Thankful for the hard times. They can only make you stronger.

Before I started this journey one year ago, I was homeless in my Alcoholic Addiction, eating out of garbage cans. Feeling sorry for myself. We all have a story.

Now, understanding the conservation of myself taught me how to have a greater Inner-Standing, Purpose Driven, Developing Blessings (Focused).

Adversity builds character. My mindset now is “I am motivation. I am iconic. I am a leader. I am not lost.”

Just re-routed to something greater. Got my acceptance letter to Great Falls College (MSU) for the Fall 2025. My intended Program is Pre-Sub Abuse and Addiction Counselling.

Congratulations, Mr. Bullshows. You are indeed a leader and a true inspiration. We are very proud of you.

Prelude to I Was Broken, By Elijah Kimbrough

Exodus ch1 vs 20

Moses said to the people do not be afraid god has come to test you so that the fear of GOD will be with you to keep you from sinning

Proverbs 3 vs 5-6

Trust in the lord with all your heart
And lean not on your own understanding
In all your ways submit to him and he will make your paths straight

I Was Broken – by EliJah Kimbrough

I fear god
Not the crowd
I do not not fold
I bow
A king in the spirit
No crown
Still rise
When the world wanna drown
Peace in the storm,
I don't let it pull me down
Grace in my steps,
I don't move to the sound
Of the hate or the doubt
tryna circle around
Keep my eye on the cross
Not they wave
Not they sound

I'm not perfect
Still learning the way
But I trust in the one who
defeated the grave
GOD got the keys
So I hopped in the wraith
Ain't talking rolls Royce
It's the ride of his faith
I'm just tryna serve right
So I pray every day
Let his word be the map
When I go on my way
Yuh
When I go on my way
When I go on my way

X1

I was broken,
now I'm healed by His name
Used to run wild,
now I walk unashamed
Grace took the wheel,
I ain't ridin' for fame
child of the King,
through the fire, through the
flame

I was broken,
now I'm healed by His name
Used to run wild,
now I walk unashamed
Grace took the wheel,
I ain't ridin' for fame
child of the King,
through the fire, through the
flame

I was broken!

Devil lurk in the dark
He don't know I move with faith
If they knew where I been
they would shout his name
He pulled me from pain,
Turned my loss to gain
From the dirt to the light,
Now I walk unashamed
I was stuck in the storm,
But He calmed every wave
For once my guidance
Not in my way
I still got to choose
N I chose the righteous way
If it wasn't for GOD
I wouldn't be here today

LOOK

I miss your voice
Everything that you say
It always keep me going
even on a rainy day
Your words light a fire
When my skies turn gray
Like sunshine breaking through
To chase the clouds away

Yeah

Chase the clouds away

X3

I was broken,
now I'm healed by His name
Used to run wild,
now I walk unashamed



Grace took the wheel,
I ain't ridin' for fame
child of the King,
through the fire, through the
flame
I was broken

Our father who art in heaven
Hallowed be thy name
Thy kingdom come
Thy will be done
On earth as it is in heaven
Give us this day our daily bread
Forgive us our trespass
As we forgive those who trespass
Against us
Lead us not into temptation
But deliver us from the evil
For thine is the kingdom
And the power and the glory
Forever Amen

EliJah Kimbrough



Lyle Zeiler – Honors Member

By Sonja Roberts

From the Flathead Reservation, Lyle Zeiler is one of our newest Honors Members. Congratulations Lyle! Lyle sees his Honors membership as an opportunity to take more passes and he is looking forward to doing more activities, such as exploring the River's Edge Trail, before the summer is over.

Lyle is learning how to live constructively and plans to go to sober living close to home, the Recovery Hub, following the center. He feels this will give him a chance to have more freedom, but feels that he needs to ease himself into regular life. For example, he will be able to have a vehicle, but he will still do sign-outs and will have to continue to be held accountable. More importantly, the recovery hub will enable him to interact with other sober people close to home, something he thinks will help keep positive influences in his life and help with his success.

With this success, Lyle is eager to reconnect with his two children, his 15 year old son and 17 year old daughter, on a more regular basis. He is excited to be a part of their lives again. Also, Lyle is ready to get back into forestry, fighting fires in the summer and thinning forests in the winter. He can't wait to run a saw again!

Lyle's final thoughts were that the Center has helped him to gain stability and develop structure. His advice, keep your head down and do what you need to do to make it through. Thank you, Lyle, for being a positive inspiration for others and may you continue to pave the path to the incredible life you are building for yourself.



Trust the Process

This is just me being real. I'm not perfect, I've made mistakes, and I've had my fair share of struggles. But through it all, I've learned to trust the process, keep my faith in God, and keep trying to be the best version of myself — every single day.

I've always cared about people. I don't do it for recognition or attention. I just genuinely want to help others. Whether it's someone going through a hard time, someone who needs encouragement, or even just a smile — if I can show up for someone, I will. That's just how my heart works.

There have been seasons where things didn't go how I planned. Times where I felt like I was doing everything right but nothing was clicking. Times where I gave my energy to people who didn't give it back. But even in those moments, I reminded myself: God's got me. I might not see the full picture yet, but I know He's working behind the scenes.

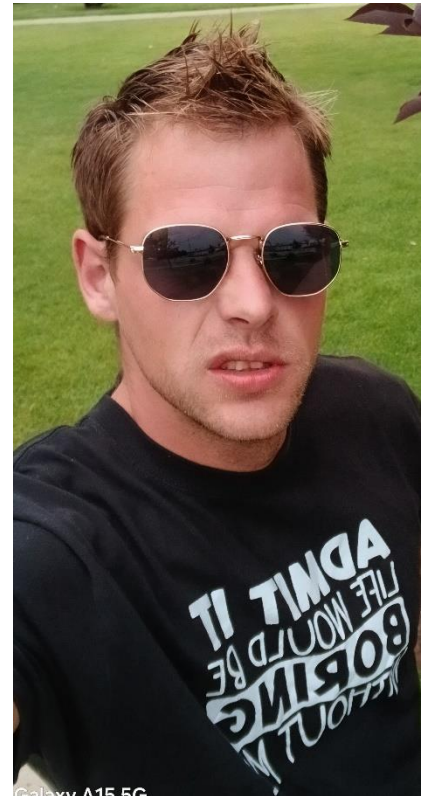
I'm learning that life isn't about rushing to some end goal — it's about showing up every day with purpose. It's about being kind when no one's watching. Being strong when it's easier to quit. Believing in the bigger picture, even when it's blurry.

To me, success isn't about being the loudest in the room — it's about having a good heart, being real, and doing your best with what you've got.

So yeah... I'm trusting the process. I'm walking in faith. And I'm doing everything I can to keep growing, keep giving, and keep becoming the man God made me to be.

One day at a time. You can do this trust in yourself !!

— Sean Kostad



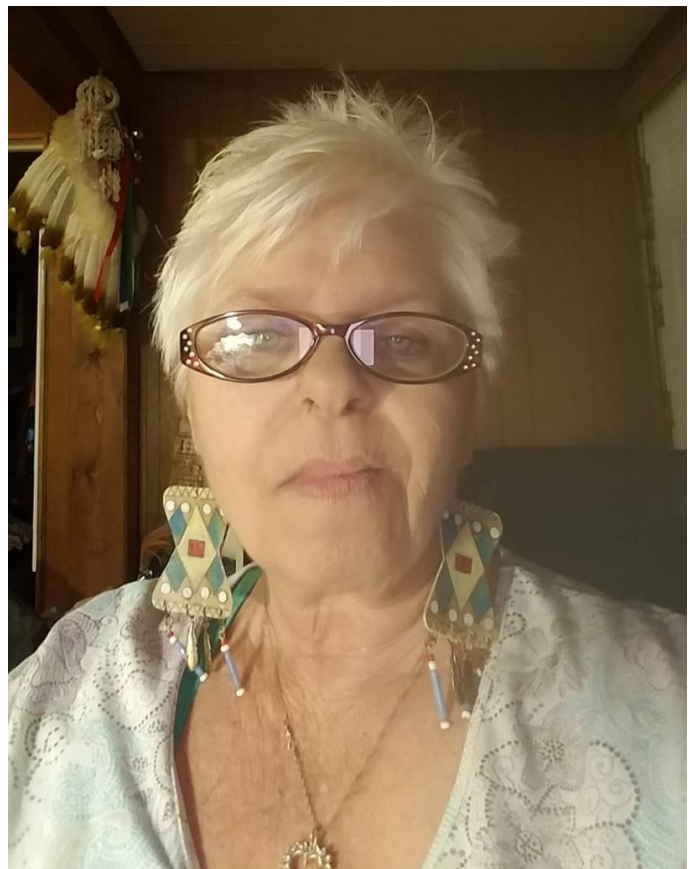
A Tribute to Sandra Bearchum-Allen

By her loving daughter, Jarita Wrede



Sandra with one of her beloved grand-dogs, Mya. A lifelong animal lover, she had a special place in her heart for rescues. She often joked that if she could, she'd adopt every dog at the shelter. On social media, she was known for sharing posts about lost pets or dogs in need of a home, always hoping to help connect families and their furry companions.

Sandra deeply embraced her Indigenous heritage, attending every powwow and cultural event she could. She passed down traditional oral stories to her children and grandchildren, keeping history alive through her words. Among her favorites were the stories of the great Battle of Greasy Grass—better known as Custer's Last Stand—and she took pride in knowing that her son's ancestors had fought in that historic battle. Sandra also surrounded herself with her culture, displaying treasured items in her office and wearing them with pride. One of her most beloved pieces was a pair of earrings handmade by her cousin, artist Valentina LaPier.



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While Sandra carried a professional, “all-business” demeanor at work, she embraced life to the fullest on vacation. One night, she joined her daughter and son-in-law for an adventure on Austin’s famous 6th Street. They wandered into the world-renowned “Coyote Ugly” bar, where Sandra hopped up on the bar to dance alongside the bartenders. Her energy lit up the room so much that she was the only one tipped for her moves—courtesy of an older rancher who instantly fell for her charm. She graciously declined his advances, but the joy of that night stayed with her, a memory she cherished forever.

Sandra loved exploring the world, from the Eiffel Tower and the Leaning Tower of Pisa to Hawaii’s breathtaking beaches and charming cities across the United States. While she cherished every destination, Savannah, Georgia, held a special place in her heart. A lover of both history and pop culture, she couldn’t resist the chance to sit on the very bench where Forrest Gump waited for the bus throughout the film—and she did it with delight.



Sandra had an undeniable flair for style. From her love of animal prints and rhinestones to her bold, vibrant colors, her nails were always a canvas for her self-expression. No matter what life brought her way, she never went without a fresh manicure—even up to the very end. Her nails weren’t just decoration; they made her feel beautiful.

Annual Dress Down Day, July 22nd

Once a year, the staff get a chance to show off their individual styles. Enjoy!



JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER

Fun Facts to Know!

August 2025



Jeff Barnhart

Facility Services Director

Prepare to Rethink Everything: The Fascinating Reality Behind Common Myths

by [Laurel Kornfeld](#)

This article was originally published on [Parentinfluence.com](#) Fasten your seatbelts, skeptics of conventional wisdom! Prepare to plunge headfirst into a realm where the ordinary 'truths' shed their masks and reveal their true cunning nature! Picture yourself navigating a minefield of misconceptions

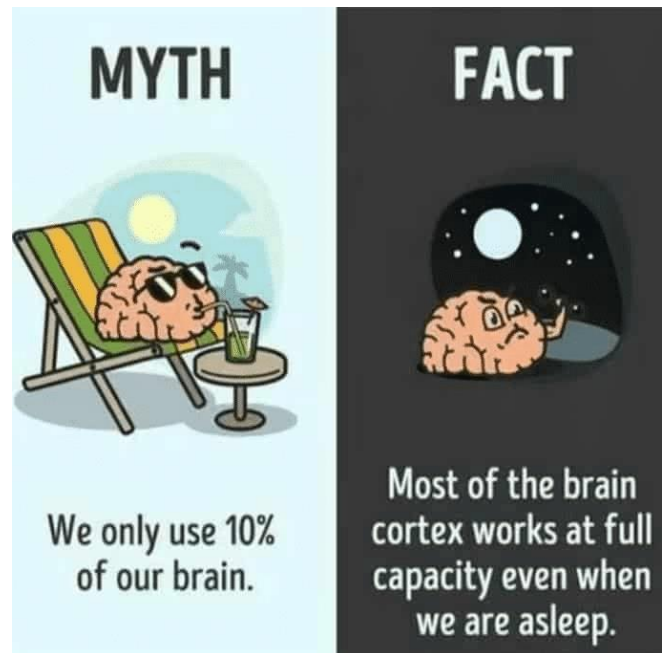
where a single misstep could shatter your credibility into a million pieces. Feeling a bit jittery? No need to worry! We've got your back.

Are you ready to embark on a thrilling round of Truth-or-False Showdown? Get ready because, by the time this adventure concludes, your entire knowledge base will be upended. Are you up for the challenge?

Myth #1: Bears and Hibernation

Hibernation, commonly misunderstood as a tactic for avoiding freezing cold, is a captivating natural spectacle that animals embrace to navigate the challenging waters of food scarcity. The unavailability of sustenance during this season drives certain creatures into their prolonged state of dormancy.

This remarkable biological siesta enables them to



dramatically downshift their metabolic gears, depending on stored fat reserves to endure the barren months ahead. It might come as a surprise, but chilly temperatures do indeed induce a sense of drowsiness in these animals. However, for them, it's not about seeking comfort; it's a matter of life and death.

Myth #2: The Color of Polar Bears

At first glance, polar bears appear to be draped in a pristine snowy mantle—an Arctic optical illusion at its finest! However, the incredible truth lies beneath the surface: their coat is neither white nor opaque but transparent and hollow. The hollow fibers capture and reflect light, perfectly mimicking the frigid ice-covered terrain.



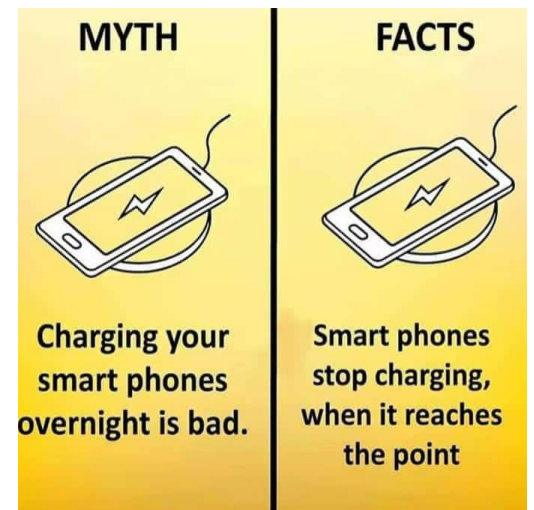
This adaptation allows these bears to vanish into their surroundings, granting them an advantage when hunting. And when the seasons shift, don't be taken aback if you encounter a slightly yellowish bear. It is the result of accumulated dirt and oils in the fur. These hollow hairs serve as tiny life vests, trapping air and providing added buoyancy during their aquatic escapades.

Myth #3: Charging Your Phone Over Night

If you've been tiptoeing around your smartphone like it's a ticking time bomb,

dreading that overnight charging might spell doom for its battery, it's high time for a tech revelation. The truth is that today's smartphones boast sophisticated circuitry that's light-years ahead of the old myths.

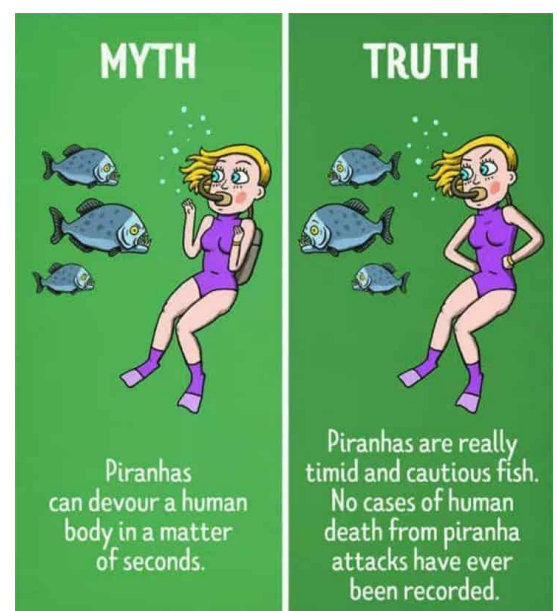
They've got an in-built awareness that kicks in when the battery hits a full 100%. When the sun rises and you greet the day, you'll find your device fully charged and raring to take on the world. This busted myth stands as a testament to the cleverness that's woven into the fabric of our modern smartphones.



Myth #4: Piranhas Will Attack Humans

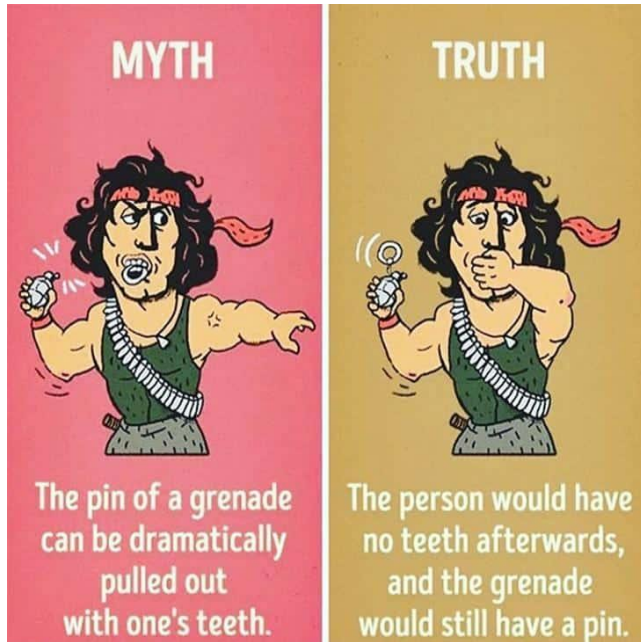
Thanks to the silver screen, these Amazonian underwater dwellers have been painted as bloodthirsty monsters. But here's the intriguing twist: piranhas are surprisingly bashful and prudent, often leaning towards scavenging rather than actively pursuing a taste for human flesh.

They much prefer nibbling on smaller fish or indulging in the occasional carrion feast. In fact, there's not a single documented case of piranhas targeting and killing a human! With teeth that could easily slice through flesh, it's theoretically possible for them to cause harm, but it's about as likely as stumbling upon a unicorn during your Amazon adventure.



Myth #5: Pulling a Grenade With Your Teeth

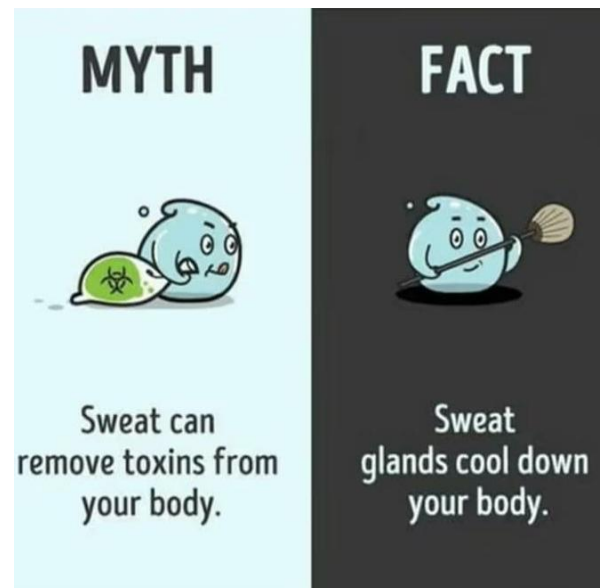
You've probably witnessed the heart-pounding scenes in action-packed movies like Rambo, where the hero casually yanks a grenade pin with their teeth, instantly becoming the day's savior. But before you entertain the thought of auditioning for your own action-hero role, let's clear the air: your teeth aren't cut out for this high-stakes job.



Grenade pins are engineered to withstand a level of force far beyond the capacity of your jaw. Trying to replicate this cinematic feat might lead to an unexpected visit to the dentist—or worse, an emergency room stay. The laws of physics simply don't align with the theatrical flair.

Myth #6: Sweating Gets Rid of Toxins in the Body

You've likely encountered this notion before, whether from a gym enthusiast or a wellness guru, that working up



a major sweat is the secret sauce for detoxifying your body. It's an alluring concept, no doubt, but here's the unvarnished truth: sweating isn't some kind of enchanting detoxification system.

While it plays a crucial role in regulating your body temperature and expelling a blend of salt, urea, and carbohydrates, it's not equipped to purge your system of notorious troublemakers like heavy metals or alcohol. For the heavy lifting of detoxification, you can thank your unsung heroes—the liver, kidneys, and intestines.



Myth 7: Cleopatra's True Heritage

Contrary to the beguiling portraits often painted of Cleopatra, Egypt's most renowned queen had roots that extended beyond the Nile's shores—she was, in fact, Greek through and through! Her place of birth was Alexandria, and she hailed from the Ptolemaic dynasty, a lineage of Greek rulers who held dominion over Egypt for over three centuries. Cleopatra herself was a linguistic virtuoso, effortlessly conversing in Greek, Egyptian, Aramaic, and various other languages. Thus, while her lineage may not have been Egyptian by blood, her profound cultural influence and political prowess in the country undeniably cement her as an enduring and unforgettable figure in Egypt's storied history.

Fun and Games



The Present

I've never woken up dead
Not even once
So I'm going to take that breath, that I conscientiously feel
And run with it
Figuratively
Literally
Every which way I can
So long as I'm awake!

~Sonja Roberts

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

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PRE-RELEASE PRESS

Editors: Sonja Roberts



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