

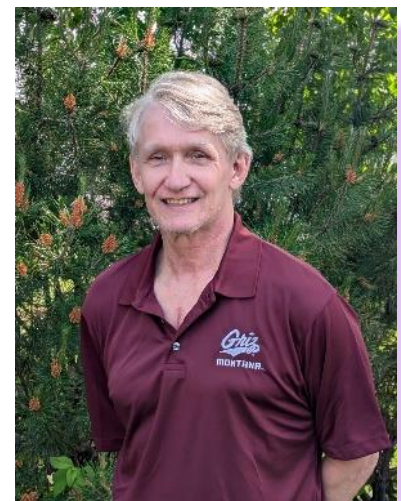
Resident Standouts



Form of Inspiration!

Jonathan Johnson (left) and Richard Morsette (right) have both provided support and encouragement to a resident who has struggled with his program. Together, they congratulated him on getting a new job, helped explain how to get there, and made sure he had the paperwork required and that it was filled out correctly. They went out of their way to do something kind for someone who really needed it. Thank you both for backing one of your fellow residents and for being an inspiration for all of us. You rock!

We would also like to recognize Mr. Jason Hager who has run a phenomenal program despite his medical issues. He is always positive and has a great work ethic as well. We wish you health and happiness as you continue to inspire us all.



Hanna-Barbera's Super Friends (1977)

One Step at a Time: Martha's Journey of Strength and Purpose

By Brenda Demers



Sometimes life takes us down roads we never expected — and sometimes those detours lead us right where we're meant to be. For **Martha Tate**, that journey began with a love for animals and grew into a passion for cooking, caring, and helping others.

Martha always had a deep connection to animals. She once dreamed of becoming a veterinary technician and even had her own little farm — a horse, thirteen head of sheep, a dog, and a cat. But life has a way of shifting priorities. Between caring for her animals and managing daily responsibilities, she realized she didn't have the time to pursue vet tech training. Still, her heart for helping others didn't fade; it simply found a new direction.

That direction led her to a job in an assisted living facility where she discovered something she hadn't expected — a love for the residents. "You get attached," she says softly. "The hardest part is when they pass away." Those relationships taught her compassion, patience, and the simple joy of being present. She remembers the "pink lady" and the man with the dog, and even laughs a little about the "escapees"

who managed to slip out now and then. Every moment mattered, and every person left an imprint.

With her growing interest in food and care, Martha took steps toward becoming a dietary manager. She enjoyed learning about nutrition, balancing menus, and ensuring residents received meals that met their dietary needs. She even began her certification online. "Cooking just feels comfortable," she says. "It's something I'm good at."

Then, everything changed in an instant. In 2008, Martha was in a devastating car accident — hit by a semi-truck. The experience changed her forever. "I appreciate every day now," she reflects. "I could have been in the grave. I still have physical weaknesses, but I'm grateful just to be here."

Her resilience carried her forward as she traversed through the Great Falls Pre-Release Inmate Worker program, giving her a new outlook on cooking techniques and work habits. "There were things I didn't know," she admits. "Dawn taught me a different way." The experience reminded her that growth never stops — that even after hardship, there's always more to learn and ways to improve.

Dawn commented, "Martha always had a positive attitude. Her kitchen skills and creativity impressed me. She never complained about working extra hours, and she even stepped in to help after transferring to residency. She is a tremendous asset and will truly be missed in the kitchen."

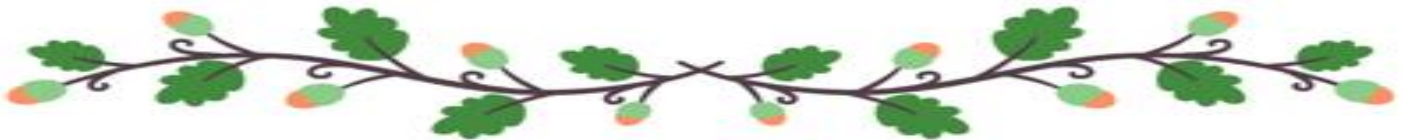
In the kitchen, Martha became someone others could count on — dependable and practical. "Don't make excuses — do your job," she says. When teaching new coworkers, she emphasizes timing and patience. "You've got to plan ahead — cook the hashbrowns longer than the links or eggs." Her no-nonsense approach earns respect because it comes from experience — and heart.

Outside of work, Martha finds peace in simple things: gardening, mowing the lawn, planting flowers, riding her bicycle, and walking outdoors. “I love being outside,” she says. “It’s where I feel most like myself.” She’s a quiet, down-to-earth person — private and thoughtful. “I don’t think everybody needs to know my business,” she explains. “If you need to know, you’ll know.” It’s a lesson she learned from her father — that words should mean something when spoken.

Martha’s sense of independence is rare in today’s world. She even went through the entire IW program without a cell phone. “Didn’t need one,” she laughs. “Phones are more of a headache.” Her way of keeping in touch with loved ones is writing letters. Who doesn’t look forward to receiving a letter in the mail!

Through every twist and turn — from caring for animals to caring for people, from loss to renewal — Martha’s story is a reminder to stay focused, take one step at a time, and appreciate every day we’re given. She may have faced setbacks, but her attitude, strength, and love for her work continue to shine.

“I’m content where I am,” she says with quiet pride. “I can cook, I can help others, and I’m still learning. That’s enough.”



A Better Day

By Brenda Demers



Karl Two Moons’ bicycle was recently stolen from outside his workplace. He had purchased it with his own money and was only able to use it for a couple of months. Karl commented, “It was disappointing; that was my beach cruiser.” After he noticed it was missing, the general manager tried to ease his mind by telling him she would get him a replacement. Karl wasn’t going to get his hopes up because he didn’t need another disappointment.

When Karl returned to work, excitement was in the air with managers and co-workers eager to gift him his new bike, with the added security of a bike lock. With thankfulness, Karl remarked, “I don’t know who all pitched in, but it made my day!”



David Compton – Honors Member

By Sonja Roberts

It's not every day that you lose half of your finger, but that is exactly what happened to one of our newest Honors Members, David Compton. Working for a local equipment rental company, he was severely injured by faulty equipment. However, David has not let this bring him down at all; he seems to take everything in stride. He said, "it will be a shorter ceremony if I ever get married." I'm still shaking my head?! He even pointed out, no pun intended, all of the "Ha, ha, ha's" he has tattooed on his arm. This guy is not going to let anything bring him down. Congratulations, David, on making it into Honors and for having such a positive attitude while going through your program here with us!

David comes to us out of Missoula, where he has a home and a good job and he is very much looking forward to getting back there. He admits Great Falls was not his first choice due to the distance from home, but, again, David keeps his chin up and admits the redirect was probably a good thing for his progress. When asked what has been his experience since coming to Great Falls, he says the staff here at the Center has been good to him. He is keeping his head down and doing the program and says it is only hard if you make it hard. For those who might complain about the staff or the program, he would suggest that they take a look at themselves first.



Anger is something that has consumed David in the past, but he expressed that he came here with a mindset to be calmer. He used to be an angry person, but he is using his time here to self-reflect. He is tired of going to jail and he is ready to break the cycle. David admits he has lost trust with family, but he is working on proving himself worthy and rebuilding that trust so that he can rebuild those relationships. He realizes it will take time, but he has the mindset now to start walking the walk. He feels you get back whatever you put into something.

David is using his Honor's passes to visit with his Dad who comes over from Missoula with his dogs. He is also looking forward to going out with his buddies who are also Honors members. Keep your momentum going, David, and way to make the most out of your situation. We are so thrilled that you are taking every opportunity to become the kind of person people want to emulate, especially when you are projecting such healthy energy. It's contagious, and definitely the good kind! He's also a really great sport, thanks for sharing David!



Artistic Creations



Stephanie Rivera (left) and **Rebekah Hastings** (right) take some time to express their creative energies to produce some beautiful Diamond Artwork.



Our Blessed Cancer Survivors

By Sonja Roberts



Breast Cancer Awareness Month, observed nationally during the month of October, is intended to educate people about breast cancer, honor those affected by the disease, and advocate for early detection and timely treatment. We are lucky to have some brave, compassionate survivors of cancer who have been willing to share their stories in the hopes that others who face similar circumstances might find some comfort, a realization that you are not alone, and that you too will find a way to overcome the trials that will present along the way. A common theme among those who have survived the “C” word is that everyone’s journey is unique, very personal, and challenging. However, many of the emotions and experiences are similar, regardless of what type of cancer you or a loved one might be going through.

Robin, LCPC, was first diagnosed with cancer when she was only 28 years old. For Robin, the diagnosis was very shocking and by the age of 29 she had had a complete hysterectomy. Then, in 2003, as a result of a routine mammogram, she was diagnosed with breast cancer. By this time, Robin had already lost her father to cancer and had developed her own ways of understanding and coping with the disease. You see, she had watched her mother direct her father’s treatment pathway, which caused her father a great deal of suffering. He couldn’t do what he wanted to do and Robin was not willing to allow herself to go through the same level of anguish. Her children were devastated by the prospects of what might happen, but Robin insisted that they must respect her choices as there was only so much treatment she was willing to do. Robin still questions whether the cure is worth the debilitating treatments you must go through.

While clearly the decisions were tough and the pain very real, today, I am grateful to share that Robin is cancer free. She makes sure she goes for a colonoscopy every ten years and mammogram every year without fail. Ultimately, she is glad that she went through the treatment she chose because she is cancer free. However, Robin stresses the importance of respecting the wishes of those who might be facing similar decisions for themselves, even if they choose to do nothing at all.

Cheryl, Accounting Assistant, has also been impacted by this horrible disease. When first diagnosed, she was in disbelief and cried a lot. The diagnosis was surprising because there had not been any markers, as she described, to indicate she might be at risk. She also expressed how she did not want to disclose that she had been struck by the “C” word. She was reluctant to tell anyone because she didn’t want to be treated any differently. Fortunately, she had the support of her husband, who never missed an appointment with her, as well as her sister, who visited from Florida and stayed with her during the toughest time of her treatment. She is grateful for the support she received at the Center as well, especially once it was known what she was going through. Finally, Cheryl felt that her doctors and nurses were extremely supportive during the entire process.

For Cheryl, one of the most difficult outcomes of treatment was losing her hair and having to wear a wig. She found the experience to be frustrating to say the least. Thankfully, despite the challenges she faced, Cheryl is cancer free today. The cancer was caught early and Cheryl stresses the importance of making sure you do your mammograms!

Karen, CTS, found out twenty years ago that she had breast cancer. She was immediately fearful because both her mother and aunt had died of breast cancer in the same year in 1983. When diagnosed, her mother was given two months to live and, fortunately, she lived for another two years after her initial diagnosis. However, Karen admitted that this was a bit taxing because she just never knew during that time when the dreaded call would come. Then, she

had reason to be particularly fearful when she was diagnosed, because she was at about the same age as her mother had been when her mother was diagnosed and passed away.

For Karen, she questions whether she handled the treatment the best way for her. She let her sister talk her into staying in California while she underwent treatment. However, this took her away from her youngest child, her son who was a senior in high school, and she missed a lot of his last year in school. She second guesses this decision now because she feels that she wasn't there for her son as she feels she should have been.

Still, at the time, she was grateful for her sister's care as she relied on her to give her shots. When she returned to Montana, she had continuing treatment. Today, Karen is cancer free and is extremely grateful that her story is much different from that of her mother and aunt. She is thankful to be able to spend time with her children and life feels a lot more precious to her. Karen stresses to not let fear overcome you as doctor's know a lot more now than they did back in 1983. She sees her doctor every six months to make sure she stays that way.

Shellie, Treatment Services Director, was diagnosed in June 2016 with non-metastatic cancer that was triple negative. Triple negative meant that it could not be removed surgically, but had to be killed as much as possible with chemotherapy and radiation. She lucked out and did not need radiation. Oddly, she was not surprised by the diagnosis as she has a family history. She found the fast-growing lump herself, so she knew it would need immediate treatment. Once she got past the initial acceptance of the diagnosis, she went into battle planning mode. She had a job and a family, including her spouse and three kids in high school and soon beginning college, who still needed their Mom/spouse. She dealt with it the way she approaches most problems that need solved; she determined that the end goal was to kill the cancer. She worked with her doctors to determine treatment paths and then determined the plan to deal with the treatment and its side effects. For her, that means there was plan A, B, C, and D because she works that way; she learned to pivot a lot.

Her husband and kids were Shellie's biggest supporters. They all stepped up to help out and handle things on their own. She got support from her co-workers as well. The treatments were wiping her out, so they all covered her on-call weeks throughout her treatment. It was crucial that she kept positive people around her. She avoided people who perpetually suggested how she should look, feel and act very ill from the treatments instead of supporting her in maintaining normal day-to-day living functions.

For Shellie, losing her hair impacted her spouse more than it did her. Shellie's approach was, "it's just hair, it will grow back." For her husband, it was the final proof that this was really cancer and he could not lie to himself anymore. She slept every chance she got and absolutely nothing tasted good or had any taste at all while on chemo. Thankfully, she did not get the nausea a lot of people get, but she had to remind herself to eat to keep her body strong. She learned to ask her infusion nurses for tips to handle side effects. Note to self: always ask the nurse how to take care of something because they have the real answers.

Overall, Shellie's perspective has changed in that she doesn't put off things she really wants to do for when the timing is perfect. The timing may never be perfect and, then, something like an illness may make it impossible to do. She pays much more attention to her overall health and allows herself to engage in self-care activities. She is also very aware of physical changes to her body and wellness, because it was this awareness that let her find the lump and act quickly to get medical intervention and avoid a much bigger treatment problem.

Shellie's advice for anyone facing these circumstances is "Don't panic!" It is not a death sentence, so don't immediately imagine the worst possible outcome. Ask questions, lots of questions. She agrees with others who have suggested to not judge others for how they handle their particular cancer journey. No two cancer treatments are the same and not everyone's body



reacts the same way to the treatments. Also, whatever you do, don't put off getting medical care or getting preventative exams because it is inconvenient. Now, Shellie continues to work and plan for her future retirement, trying to live life fully every day, traveling and engaging in experiences that she has put off for a long time.

A cancer diagnosis encompasses many things, including coming to terms with the shocking diagnosis and deciding how much to allow others to influence your decisions about treatment. Inevitably, getting through the tough parts of the process, staying strong, and being diligent about continuing to follow the advice of your doctor regarding on-going testing and treatment are significant parts of the survival process. May we use this opportunity to learn from the experiences of our gracious staff members and remember to always show and offer support with an open mind and with the person's unique and personal wishes and interests at heart.

Thank you to those who have worn pink on Fridays in October in recognition of their support of cancer awareness.



A Time for Change: October's Lessons of Renewal and New

Beginnings

As we appreciate the gifts of October, a season of transformation and reflection, it's an ideal time to consider the changes taking place in the world around us—and within us. The falling leaves and the cooling air are not just signs of autumn, but powerful reminders that growth and renewal are constant parts of life. In the context of the pre-release program, this season symbolizes the opportunities and challenges of new beginnings, and as a nurse, I believe it's a perfect time to reflect on the importance of self-care, resilience, and transformation as you prepare for the next phase of your journey.



The Changing Leaves: Embracing Change

In October, we often see the vibrant leaves of summer shift to beautiful reds, oranges, and yellows before they eventually fall to the ground. This natural process is a gentle reminder that change, though sometimes unsettling, can be beautiful and liberating. Just as trees shed their leaves to prepare for the future, we too have the opportunity to let go of old habits, old ways of thinking, or past challenges that no longer serve us.

Change can be intimidating, especially when you're facing a big life transition. But like the trees, we too can be resilient in letting go, trusting that the next season will bring new growth, new experiences, and new opportunities for success. The change in the season provides us a chance to slow down and reflect on our readiness for the next chapter.

New Beginnings: A Fresh Start

October is often seen as a time of new beginnings. For many, it marks the start of a new school year, the beginning of different routines, or the renewal of personal goals. For those of you preparing to reintegrate into society through the pre-release program, this season presents the perfect metaphor for your own fresh start.

As you navigate the final steps of your release process, it's important to remember that each day presents a new opportunity to take one step closer to your goals. Whether it's improving your health, building relationships, or finding stable employment, October reminds us that growth doesn't happen overnight, but through consistent, mindful action. Each day is an opportunity to make positive changes, to build resilience, and to take control of your future.

Self-Care: Nourishing Yourself Through the Transition

As the seasons change, it's important to pay attention to your own physical, emotional, and mental health. Just as the world around us needs nourishment to thrive, so do we. In your pre-release journey, self-care should be a priority, not just for physical health, but for emotional and psychological well-being.



The autumn months often bring cooler weather, which can affect mood and energy levels. Be mindful of how the changing season might impact you and take proactive steps to care for yourself. Nutrition, exercise, and adequate sleep are all critical components of physical health, but mental health should not be overlooked. Finding time for activities that ground you, whether it's journaling, connecting with a support system, or engaging in mindfulness, will help you maintain a sense of balance and perspective as you transition into the next phase of your life.

Reflection: Learning from the Past, Preparing for the Future

October isn't just about looking ahead; it's also a time to reflect. As the year begins to wind down, take a moment to look back on the progress you've made during your time in the program. Celebrate your growth, no matter how small it may seem. Each step forward counts, and each challenge you've faced has made you stronger.

It's also an opportunity to think about what lies ahead. What goals do you want to set for the coming months? How can you continue to improve? Remember, your past doesn't define you—it's the choices you make moving forward that matter most. The lessons learned during your time in the program, along with the changes you're about to face, will help you build a solid foundation for success as you reintegrate into society.

Looking Ahead: A Season of Possibility

As the leaves fall and the world around us slows down, October invites us to embrace the quieter, reflective moments and appreciate the opportunities that lie ahead. It's a season of possibility, filled with the promise of new beginnings. By nurturing your body, mind, and spirit, you are setting yourself up for success in the months to come. Embrace the changes, trust in your growth, and remember that each new day is a chance to start fresh,

just like the changing leaves.



RN Hunter



**Be the change
that you wish to see
in the world.**

Mahatma Gandhi

Dustin Bushell has an eye for detail with an abundance of patience to be able to produce these beautiful hummingbirds and dreamcatcher.



Robin's Meditation Station

Addiction isn't about loving the substance—it's about fleeing the storm within.

It's not a chase for euphoria, but a desperate attempt to go numb. A quiet surrender in a world that never taught us how to sit with our pain.

Addiction doesn't clock out—it lurks, waiting for a chance. That's why recovery isn't a one-and-done. It's daily work, daily wins. And every time you show up for yourself, you're rewriting the story.

Robin Castle
Licensed Clinical Professional
Counselor
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Jeff Barnhart
Facility Services
Director

JEFF'S TRIVIA, SCIENCE, AND SAFETY

Fun Facts to Know!

October 2025

1. More human twins are being born now than ever before.

Do you get the feeling that there are more twins around these days than there used to be? No? Well, you should, because according to **a new study in the journal *Human Reproduction***, the "twinning rate" has increased by one-third since the '80s—up from 9 to 12 twins per 1,000 deliveries. Currently that adds up to about 1.6 million twins born each year across the world—meaning one out of every 42 babies is a twin. Helping drive this is the increasing use of medically assisted reproduction, and the delay in childbearing (twinning has been found to increase with a mother's age). For more pieces of trivia to impress your friends, here are

2. A narwhal's tusk reveals its past living conditions.

Much like the rings of a tree can tell you its age and provide clues about the life it has lived, so too does the long tusk of the narwhal. **Recent research** led by a bioscience professor at Denmark's Aarhus University has shown that this peculiar arctic whale adds a layer to its distinctive tusk each year. And not only do these layers offer insight into the age of the narwhal (they've been known to live up to 50 years) but the conditions in which they lived—such as level of pollution, temperature levels, and even what their diet consisted of. You are what you eat!



3. The first person convicted of speeding was going eight mph.

According to *Guinness World Records*, the **first person to be charged with speeding** was **Walter Arnold** of the English village of Paddock Wood, Kent. On Jan. 28, 1896, Arnold was spotted going four times the speed limit in his 19th-century Benz—but since the speed limit at the time was just two miles per hour, that meant he was not going too fast by today's standards. The constable had to chase him down on his bicycle, issuing a ticket for £4 7s and earning Arnold the speedy distinction..



4. "New car smell" is the scent of dozens of chemicals.

Few odors are as pleasing as "**new car smell**"—and not just because it's nice to be in a brand new car. But while the scent may be strangely satisfying, the fact is that it's pretty much just a combination of **50+ chemicals** (known as "volatile organic compounds") that are released into the car, decaying quickly over time. The concentrations found in a typical new car aren't dangerous, but among the VOCs that make up much of that new car smell are those found in nail polish, auto fuel, and petroleum.



5. The world wastes about 1 billion metric tons of food each year.

Food waste is a huge problem. How big? About 931 million metric tons. That's how much food that researchers with the United Nations estimate was wasted in 2019, according to the **Food Waste Index Report 2021**, which surveyed 54 countries, finding



that the majority of wasted food (61%) comes from homes while restaurants and other food services produce 26% of wasted food. Grocery stores make up just 13% of food waste.



6. The severed head of a sea slug can grow a whole new body.

It sounds like something out of a horror film, but it's all too real: The *Elysia cf. marginata*, a type of sea slug, has been found to not only survive decapitation, but to be able to grow a whole new body from it. Ecologists at Nara Women's University in Japan found that, a few hours after having their **heads severed from their bodies**, the snails' heads were already nibbling on algae as if nothing had happened. In about 20 days, one-third of the sea slugs studied had fully grown back their bodies—heart included.

7. Hair and nails grow faster during pregnancy.

A surprising side effect of pregnancy is that nails and hair grow faster than usual. This is due to changes in hormones as well as increased blood circulation and metabolism supplying nutrients. According to **Amy O'Connor**, writing for *What to Expect*, a pregnant person's hair also "might feel thicker and look more shiny and healthy than usual." Though she warns that it can occasionally mean that the expecting "may suddenly sprout strands in places [they'd] rather not."



8. The world's smallest reptile was first reported in 2021.

Those who think everything on the planet has already been discovered might just not be looking close enough. A tiny chameleon discovered in northern Madagascar and measuring just 28.9 millimeters is believed to be the smallest reptile on Earth. The itty bitty chameleon was recently discovered and reported in the **January 2021 issue of *Scientific Reports***. But there's one thing about these critters that's big for its size: The genitalia of the males measures almost 20% of its body length.



9. Many feet bones don't harden until you're an adult.

Feet are enormously complex parts of the body. Each foot contains 26 bones, as well as 33 joints and 19 muscles, which work together to allow for a huge range of motion and movements. But many of these bones remain cartilage throughout a person's childhood, slowly ossifying into bone as the years go on. According to the **Ontario Society of Chiropodists**, all of the bones in the foot don't completely harden until a person is about 21 years old!



10. Some sea snakes can breathe through their skin.

You might think that it's just fish that have gills, but there are several species of sea snake that breathe through their skin as well. For example, the *Hydrophis cyanocinctus* has been found to **breathe through the top of its own head**. It has a small hole and collection of blood vessels at the top of its head for picking up oxygen from the seawater and sending it to the reptile's brain while it moves underwater.



11. The heads on Easter Island have bodies.

The iconic stone heads protruding from the ground on Easter Island are familiar to most, but many don't realize what lies beneath the surface. In the '10s, archaeologists studying the hundreds of stone statues on the Pacific Island excavated two of the figures, **revealing full torsos**, which measure as high as 33 feet.



12. The moon has moonquakes.

Just as earth has earthquakes, the moon has—you guessed it—moonquakes. Less common and less intense than the shakes that happen here, moonquakes are believed by U.S. Geological Survey (USGS) scientists to occur due to **tidal stresses** connected to the distance between the Earth and the moon.



13. Goosebumps are meant to ward off predators.

Why do we get goosebumps? In this physiological reaction, small muscles attached to individual body hairs contract, which leads the hair to stand on end. We inherited this ability from our ancestors in part as a way for our (then) coat of body hair to capture air beneath it and in that way retain heat. But, as **George A. Bubenik**, a physiologist and professor of zoology at the **University of Guelph** in Ontario, Canada, **explained to *Scientific American***, it also caused our ancestors to appear bigger than they were, helping to ward off predators when they were frightened or on the defense. With modern humans having less body hair, goosebumps no longer cause us to look that much more intimidating.



14. There's no such thing as "pear cider."

"Wait," you're probably thinking, "I had pear cider last week." Actually, "cider" is an alcoholic beverage made from fermented apples, and only apples. Alcoholic beverages can be made from pears, but that drink is known as "**perry**." The drink was popular in England for centuries but fell out of favor during the second half of the twentieth century. That turned around in the 1990s when the drink was rebranded as pear cider.



15. Pineapple works as a natural meat tenderizer.

The fruit is packed with **the enzyme bromelain**, which breaks down protein chains, making it an ideal marinade for meats when you don't have a lot of time. But for the same reason, pineapple does not work for jams or jellies, since the enzyme breaks down gelatin as well. The bromelain is so strong that pineapple processors have to wear protective gloves, otherwise over time the enzyme eats away at the skin on their face and hands, leaving dry skin and small sores.



16. Humans are the only animals that blush.

We are also believed to be **the only animal** that feels embarrassment—a complicated emotion requiring understanding others' opinions and other factors. **Charles Darwin** called blushing "**the most peculiar and most human of all expressions**," while **Mark Twain** said, "**Man is the only animal that blushes**. Or needs to."



17. The feeling of getting lost inside a mall is known as the Gruen transfer.

We've all heard how casinos are designed to deliberately disorient visitors, causing them to lose track of time and where exactly they are. But did you know that there's a similar strategy behind the design of shopping malls as well? Officially known as the "**Gruen transfer**," this phenomenon was named after Austrian architect **Victor Gruen**, who identified how an intentionally confusing layout could lead to consumers spending more time and money in a shopping venue (though he would later disavow the approach).



18. The wood frog can hold its pee for up to eight months.

Talk about having to go! Wood frogs in Alaska have been known to hold their urine for up to eight months, sticking it out through the region's long winters before relieving themselves once temperatures increase. The **urine actually helps keep the animal alive** while it hibernates, with special microbes in their gut that recycle the urea (urine's main waste) into nitrogen.



19. The hottest spot on the planet is in Libya.

Specifically, the **hottest spot ever recorded** on Earth is El Azizia, in Libya, where a temperature of 136 degrees Fahrenheit was recorded on Sept. 13, 1922. While hotter spots have likely occurred in other parts of the planet at other times, this is the most scorching temperature ever formally recorded by a weather station.



20. You lose up to 30 percent of your taste buds during flight.

This might explain why airplane food gets such a bad reputation. The elevation in an airplane can have a detrimental effect on our ability to taste things. According to a 2010 study conducted by Germany's Fraunhofer Institute for Building Physics, the dryness experienced at a high elevation as well as low pressure reduces the sensitivity of a **person's taste buds** to sweet and salty foods by about 30 percent. Add that dry cabin air affects our ability to smell, and our ability to taste is reduced further.



21. The Common Swift wins the record for amazing migratory feats. The Alpine Swift held the record for the longest single flight of any avian species at 200 days. No longer. Now there's a new record holder that obliterates that record. According to new research, Common Swifts can stay in the air for up to 10 months (300 days) without stopping. Smaller than the Alpine Swift and slightly bigger than a Chimney Swift, Common Swifts are as well adapted for flying as their aerodynamic cousins. Mated pairs raise their chicks in Scandinavia for two months each year before taking off in August to feed on flying insects in the sub-Saharan jungles of Africa for the next 10 months. Through the use of ½ ounce tracking devices scientists were able to prove that they can eat, drink, mate, and likely even sleep from the time they depart Scandinavia until they return in June to breed.

STAY SAFE

TRADE SPOTLIGHT: Enrolling Now for January!

Please talk to your CTS if you would like more information!

Now enrolling...

STRUCTURAL WELDING PROGRAM

January 26-March 12 | Mon-Thurs | 5-9:30 PM



Program Cost: \$3,000

Includes all instructional and welding materials. Students only need to provide their own boots, pants and long-sleeve shirts.

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

Developed & supported by collaborative community partnerships:



GREAT FALLS
COLLEGE
MONTANA STATE
UNIVERSITY

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Montana Department of
LABOR & INDUSTRY

Fun and Games



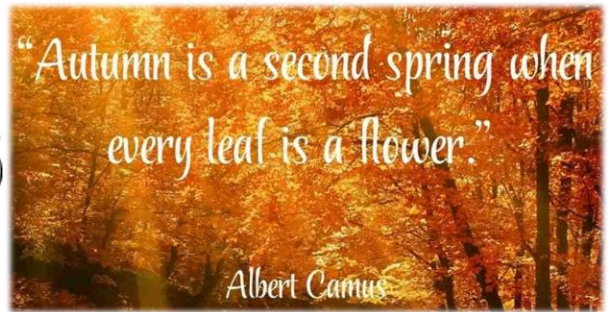
FALL



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



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



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Residents: You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact Sonja. Any suggestions are also appreciated. sonja@gfprc.org 455-9324