

Resident Standouts



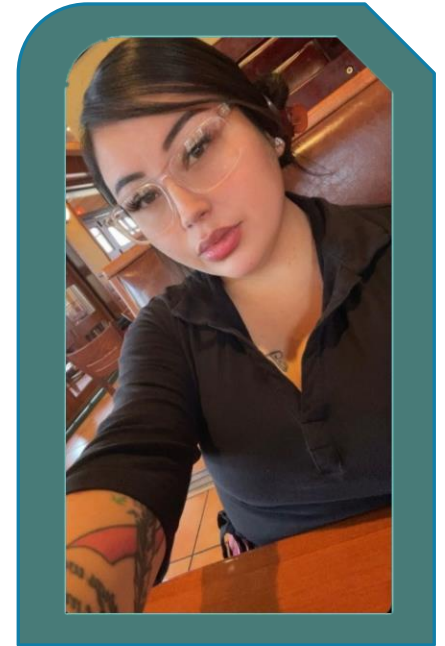
Myron Rowe (above)

I'd like to nominate Mr. Rowe from West campus. He is always smiling and willing to help in any way he can in the Center. He's helped in the kitchen, no questions asked. It's nice to see someone just willing to help without any expectations. Yes, he is a great help around the Center and maintains a pleasant attitude in all situations.



Nathaniel German (left)

East Campus resident Mr. Nathaniel German has been nominated for staying on course and doing the program with a light-hearted, positive approach and attitude. He is respectful to CO's and stays on the straight and narrow. Nice work Nate!



Michelle Not Afraid (right)

Congratulations to Women's resident Michelle Not Afraid for being accepted into the Honors Program! Michelle is in a place where she feels confident in her abilities to cope with life's challenges. She is well on her way to a much better life!

Michael Cheney

I am happy to recommend Michael Cheney as a truly outstanding resident. Having been at the Center before, he returned this time to complete the IMW Program and then smoothly transitioned to resident status. Throughout this journey, he has faced various challenges, but has shown remarkable growth and resilience. Michael always welcomes others with a warm smile and carries himself with a calm, gentle presence. He's a valued member of his work team and continually makes positive progress. It's wonderful to see the positive changes in Michael and he's clearly in a good place now. Given his dedication and the evident improvements, Mr. Cheney truly stands out at the Center!

Colten Turner - Honors Member

By Sonja Roberts

Congratulations are in order for one of our newest Honors members, Colten Turner. We are happy to have you, Mr. Turner. We are so proud of you for making the right changes in your life to set yourself up for a rewarding future.

Colten is currently applying to construction and trucking companies in Billings and hopes to secure a release date soon. Everything is on track for Colten now, but his path forward was not always so positive and bright. How did Colten get here in the first place? Well, he was consumed by a debilitating meth addiction that had spiraled out of control. Plus, this is not his first rodeo here at the Center.

During his first residency here, Colten came to us as an Inmate Worker in the Maintenance department. He admits that this was challenging for him, but that he learned a lot about making small repairs and that it benefitted him in the long run. While here, he enrolled in the Great Falls Community College HiSET program and got his degree. He was so successful during the program that the College offered additional courses for him to take, but he decided to get his CDL instead.

With his CDL, Colten was hired on by Hi-Line Moving Services and helped move military household goods. He eventually started doing over-the-road trucking where he met a lot of good people. He would work for four weeks and then would have one week off. This went well for a while, until it didn't. The isolation associated with working on his own for such long stretches of time took its toll. Even when he was at home, he didn't spend time with anyone except co-workers. Ultimately, Colten started using again. He then put his two-week notice in at his work and absconded from P&P.

After about four months of doing his own thing and living off of his savings, P&P caught up with him in Billings. But before they did, Colten began reconnecting with people there and met someone who proved would become an important person in his life. This person helped to pull him through the tough times that were about to occur. You see, Colten was incarcerated for 5 months in what felt like unhealthy environments. But, his new companion encouraged him and was there for him in the hard times despite the circumstances. Despite the negativity and usage that was going on in the jails, he worked out on weights and focused on staying positive. As Colten described, he was getting looped back through the system. But, this time, he took advantage of the treatment that really began for him once he was at CCP West.

Now, Colten resides at East Campus and is grateful to be here this time. He said he misses the weights that are on the West Campus, but he is able to use the weights in the basement at his work. Way to be resourceful Mr.



Turner! He says that some people think that it is a problem to be here, but Colten sees it as an opportunity to take advantage of everything and everyone the Center has to offer. He notices how staff members are integrated in the community and how much they genuinely care.

Colten's current mindset is to save as much money as he can and use the resources provided. He intends to leave here much better off than the last time around. He is grateful for the overall healthy support system he has had along the way, both here at the Center and from the people waiting for him at home. He is trying to get into as good of a position as possible prior to departure and intends to reconnect with his brother and grandfather back in Billings. He is eager to get back to fishing and camping and helping his brother with his landscaping business as well.

Colten wants to remind everyone that even if you are struggling with the program and getting write-ups, keep utilizing the resources. Don't let the write-ups hold you back. Get through your program and walk out the doors better than when you came in!!



How to Cope With the Stress of Looking for a New Job

By [Kathleen Ferraro](#)

Published on September 16, 2025

The search for a new job, whether you've lost work or are changing careers, can be an emotionally taxing experience. Job-search anxiety is not a clinical diagnosis, but the term can be used to describe the stress and worry people experience when looking for employment — and can stem from uncertainty, fear of rejection, financial concerns, or the overwhelming nature of the process, says [Lokesh Shahani, MD, MPH, PhD](#), an assistant professor of psychiatry at UTHealth Houston.

According to experts, common contributors of job search anxiety include:

- Fear of the unknown
- Fear of rejection or failure
- Loss of identity
- Money concerns
- Social comparison
- Work-life balance issues

Managing job-search anxiety involves adopting strategies that address both the emotional and practical aspects of the process, says Amanda Peclat-Begin, an associate therapist at Sage Therapy in Chicago.

1. Acknowledge Your Anxiety – ask yourself what your specific triggers are about searching for a job to help overcome them.
2. Create a Structured Job Search Routine – Dedicate a certain number of hours each day to job search tasks like researching roles and updating your resume. Structure helps you to keep focused, set clear boundaries and prevent burnout.
3. Set Realistic Goals – Putting too much pressure on yourself is not realistic. Set and achieve smaller goals to stay motivated and build your confidence.
4. Limit Negative Self-Talk – Don't internalize rejection because it is rarely a reflection of your worth or abilities. Self-compassion is essential during your job hunt. Your inherent value is not determined by whether or not you have a job.
5. Limit rumination – Dwelling on past interviews, for example, can increase anxiety and drain your mental energy.
6. Practice Self-Care – Mental and physical well-being directly impact motivation and resilience. Acts of self-care can buffer job search stress and prevent burnout. Exercise, eat well, and get to bed early.
7. Lean on Your Support System – Rely on your friends, family and mentors to provide much needed emotional support.
8. Stay Open to Opportunities – Being too narrowly focused on working in one specific industry or type of job significantly limits the pool of jobs and increases frustration.
9. Focus on Developing New Skills – Broaden your skillset to make your resume more appealing to potential employers.

Job search anxiety is common and valid, especially during times of economic uncertainty or major life transitions. Break the job search process into manageable steps, set realistic goals, and create a consistent routine to feel more in control and reduce stress. Prioritize self-care and lean on your support network. Finally, flexibility and open-mindedness can lead to unexpected and often better job opportunities, even if your next step doesn't look exactly like what you imagined.

For more information -
<https://www.everydayhealth.com/>



Leslie Felton - Honors Member

By Sonja Roberts



Leslie Felton has two overarching things on her mind and those are moving forward and being with her family. Leslie has been on a positive, productive path since her arrival at the Center and views her membership in Honors as an accomplishment that she is proud to have achieved. Congratulations, Leslie. We couldn't agree more!

Leslie has been gainfully employed at Jakers since she became a resident, where she continues to work. She feels the Center has helped her to be more optimistic and believes that demonstrating integrity has a lot to do with that. She explained that you know in your mind that you are doing the right things. Her treatment team would agree as they express that during therapy groups, she took the time to thoroughly articulate her answers, even when others were not as serious. She doesn't hesitate to be her own person and to state her own truths and struggles.

To this end, Leslie has established herself during the in-house and self-help groups as well as through attending AA meetings. She is staying away from the people who will bring her down. The challenge comes when you realize you must overcome the loss of those people, but establishing healthy relationships and setting boundaries have become her new norm. It takes time to establish healthy relationships and Leslie has learned from following the rules here at the Center for almost a year, that those rules can become habits. She intends to carry these newly formed healthy habits into her future.

Leslie is grateful that she has been able to save money so that she can get herself set up on the outside. She uses her bike instead of waiting on pickups from her work so that she can get exercise. Leslie wants to get back into Spartan Racing and competing, something she was successful at in the past. The Center has also helped her to open up spiritually and she is planning to be baptized at New City Church in Great Falls. She explained that it is nice to have stability in the church and to have that opportunity for community. The people there are uplifting and positive and have things in common with her that she can grow from. Leslie insists she is not going backwards but is going to continue to grow and move forward.

Leslie, we expect nothing less and are so proud of the diligence you have demonstrated to become a shining light for all of us!





New City Church - Christopher Esrey

In a New City Church Story, West Campus resident Christopher Esrey shares his story of addiction and how for 2 ½ years he battled the darkness of suicide. Christopher describes how he had been in and out of multiple federal and state prisons and how he didn't know much about the Lord. Then, a couple of months ago, he was battling a dark day when he went to speak with one of the Pastors at New City Church. While on his way to meet with the Pastor, he ran into two gentlemen, Johnny and Kevin, and the Pastor joined them shortly thereafter. Christopher talked to them about his troubles and they offered to pray with him. Christopher references Psalm 46:10 when he expresses that something changed in his heart on this day and through this experience. Christopher has been addiction free ever since and he has had no battles with darkness, no battles with suicide. He was soon thereafter baptized. Christopher explains how he thanks God every day for a chance to breath and for the people around him who have been with him through his darkest times. He thanks God most of all that he's alive.

Psalm 46:10 NIV –

“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

To watch Christopher tell his story in its entirety, please scan the QR code to the right. For more information about New City Church, located at 205 River Dr S, Great Falls, MT, please visit their website at <https://newcity.church>.





Alright folks, lets clean it up!

As the nurse here at the Pre-Release Center, I see every day how keeping your laundry and sheets clean directly affects your health and the health of the people around you. Having clean clothes and bedding helps to prevent skin infections, rashes, and the spread of germs. Additionally, clean clothes help make this space more comfortable for everyone. Personal hygiene and laundry hygiene go hand in hand and following the laundry instructions isn't just about rules—it's about taking responsibility for yourself, building good habits, and getting ready for life on the outside.

Health Hazards When You Don't Wash Your Sheets

Undercover Trouble

You spend a third of your life in bed. So, clean bed linens should be one of your must-do chores. Think of the drool, sweat, dandruff, and other “stuff” you leave between the sheets. Ideally, you ought to launder them weekly, or at least every other week. But a recent survey found that Americans tend to be sheet slackers, going 25 days between washes. Even if your bed looks clean, it can be home to millions of microscopic organisms that thrive on the dead skin cells, sweat, and body oils you shed nightly.

Mite-y Gross

You shed 500 million skin cells a day. Many of these will slough off while you roll around in bed. All of those dead cells pile up on your sheets in between washings and tiny dust mites love to feed on the shed cells. The critters and their droppings can trigger allergies, asthma, and cause your itchy eczema to flare. If you're allergic to dust mites, wash bedding every week in hot water.



Bacterial Bed Buddies

Dead skin cells, sweat, saliva, and more can turn your comfy bed into a petri dish for germs to grow. For instance, lab tests found that swabs from pillowcases unwashed for a week harbored 17,000 times more colonies of bacteria than samples taken from a toilet seat.

Bedroom Breakouts

Is your **acne** worse and you can't figure out why? Your dirty pillowcase could be to blame. The embedded dirt, dead skin, and bacteria can clog your pores. If you have bad breakouts, change your pillowcases every 2-3 days and the rest of your bedding once a week.



Pillow Toss

Where you rest your head at night can be full of fungus -- some can be dangerous to those with asthma. If your pillow -- the fluffy thing itself -- can be washed, do so at least twice a year. Follow the care label on how to do it. Make sure to rinse and dry it well to prevent mildew. If you use a pillow protector, toss it into the wash along with your pillowcase.

Sheet Swaps

Some other things can add to the icky factor between your sheets. Strip the bed weekly (or even more often) if you:

- Snack in bed
- Sleep with pets or kids
- Sleep in the nude
- Sweat a lot at night
- Sleep in your worn day clothes

Wash Day Tips

Launder your bedding with the hottest water suggested on the care label. Afterward, toss it into the dryer. Studies show the dryer's heat can kill some germs that survive the wash. If it's safe for the color, use a germ-killer like bleach on your sheets, especially if you're cleaning up after a sick person.

Bed Bugs

These critters aren't lured by dirty or clean sheets. They're attracted to you! Bed Bugs live in warm places close to people, so your bed is perfect. Bed bugs crawl out at night and feed on your blood. You may wake up with itchy bite marks. The bugs travel to your home from places that are infested, like a hotel, dorm room, neighbors' apartments, schools, workplaces, and on your coats and jackets. In other words--they are almost everywhere! Dry your bedding on high heat for 30 minutes to kill the bugs and their eggs.





Laundry Day = Germ Day?

Some people let clothes sit in the hamper for weeks before they clean them. Some germs may survive for that long. Viruses and fungi may die within days, but *E. coli* and *salmonella*, which can cause *diarrhea*, may survive a few weeks. *Staphylococcus aureus*, which causes *staph* infections on *skin*, may survive a month. If clothes are moist -- think sweaty gym clothes -- germs may breed in the hamper.

The Sniff Test Won't Work

You might try to decide if something is dirty enough for the wash by its odor. But

your *nose* can't detect the scent of germs. If clothes smell bad, it's probably from sweat and body oils. Sweat itself doesn't have a smell, but *body odor* can result when *bacteria* on the skin breaks down the acids in the sweat. It's the bacteria's waste products that produce the smell. When in doubt, wash it.

The Dirtiest Laundry Garment?

Underwear contains the most germs. This is because it comes in contact with your genitals and anus. As a result, it can contain fecal bacteria and germs from genital infections, like yeast.

Keep Towels Separate

You may not want to toss used towels in with your dirty clothes since towels tend to contain more germs than clothing. Because towels are so thick, they stay damp longer than you might expect and allow germs to survive and thrive. Not only that, bath towels can pick up *E. coli* and other fecal bacteria. Keep in mind also that dish towels that come in contact with raw meat can have *salmonella* and *E. coli*. This is not a recipe for good health.

Touching Laundry? Wash Your Hands

When you load dirty laundry into the washing machine or move damp items to the dryer, you get germs on your hands. Wash your hands whenever you touch laundry. That'll lower the chance that you'll get sick. You'll also be less likely to spread the germs around your home, which can help keep your family safe from illness, too.

Clean Your Washing Machine

Germs from your clothes may stay in your washing machine and spread to your next load of laundry. If water tends to pool inside your machine between loads, germs may breed there, too. About once a month, to kill germs that lurk, run the machine with nothing in it but the disinfectant provided by maintenance. At home, use chlorine bleach. If the clothes you wash are extra dirty or if you live in a hot, humid area, you may want to run the machine with only bleach even more often. Be aware that if your next load of laundry is colors, run the machine empty again, with only water, so that any leftover bleach won't ruin your colored clothes.

Sanitize Your Hamper

Each time you take your clothes out of the hamper, clean the inside of it with a disinfectant spray. This will minimize the number of germs that will hang around in there and reduce the risk of illness.

Health and Wellness: Benefits of Clean Sheets

- **Improved Skin Health:** Clean sheets reduce the risk of skin breakouts and irritation caused by the accumulation of dirt and bacteria.
- **Better Sleep Quality:** The fresh, clean feeling of new sheets can improve your mood and help you fall asleep quicker, promoting better rest.
- **Reduced Allergy Symptoms:** Frequent washing in hot water minimizes allergens, providing relief for those with asthma or dust sensitivities.

Start making changes today to improve your laundry hygiene and health. You will be so glad you did, and so will your neighbors!

RN Hunter



Ray's Trivia and Fun Facts to Know Spotlight

Famous Dates in January

January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolizes beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.



Jan 1: New Year's Day, World Day of Peace, Global Family Day

January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking and, in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.

January 6 is Epiphany. According to the New Testament's Gospels, on this date, the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus. Bake a beautiful Epiphany Tart or a King Cake with a lucky bean inside!

January 17, 1706, is Benjamin Franklin's birthday. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture. At The Old Farmer's Almanac, he is considered to be the father of almanacs.

January 19th is Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner. Dr. Martin Luther King Jr. was a tireless advocate for nonviolence, believing it was the only path to achieve true equality and justice. His philosophy was deeply rooted in the teachings of Mahatma Gandhi and the principles of the Christian faith.

January Birth Stone: Garnet



January 30, 1882, is the birthdate of Franklin Delano Roosevelt, 32nd President of the United States. He served three terms before he died of Polio. Many historians consider him to have been our greatest President, but I disagree with them.

January 30, 1933, Adolph Hitler (real last name Schicklgruber) was appointed Chancellor of Germany.

January 30, 1973, Ray McClelland is born in Orange, Texas. His sister was born on the same day January 30, 1953. This is referred to as Irish Twins.




Ray McClelland

Zodiac signs that fall in January –


Capricorn: December 22 – January 19 (Earth)

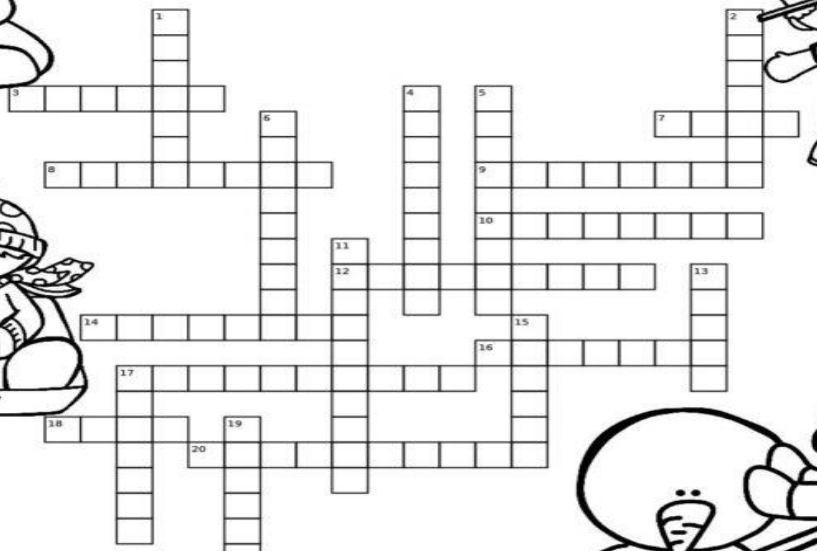
Aquarius: January 20 – February 18 (Air)


Fun and Games



JANUARY

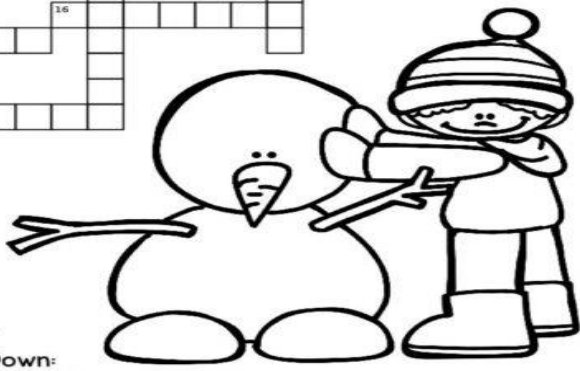







Across:

3. warm plunge for relaxation
7. typical January temperature
8. January 1st celebration
9. the zodiac sign for late January birthdays
10. severe January snowstorm
12. the birth flower of January
14. cozy coverings for chilly nights
16. hand warmers for cold days
17. unique ice crystals falling from they sky
18. wintry precipitation common in January
20. restless feeling from staying indoors



Down:

1. first month of the new year
2. frozen water hanging from roofs
4. the zodiac sign for early January birthdays
5. arctic mammal with black skin and white fur
6. cozy spot for gathering on cold evenings
11. wintertime activity on frozen ponds or rinks
13. icy crystal coating on January mornings
15. the season of the northern hemisphere in January
17. round, tall figure build after fresh snowfall
19. the birthstone for January



© Puzzles and Plans 2024

PRE-RELEASE PRESS

Editor: Sonja Roberts



TRANSITION CENTER
GREAT FALLS PRE-RELEASE SERVICES INC.

Residents: Please submit a drawing, poem, song, article, quote, advice, etc. for the next newsletter. Turn in to the CO desk with your name or contact Sonja.

sonja@gfprc.org 455-9324

Text only line: 406-290-8407