

## Fair Shake is 10! Edition

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**SAFE STREETS & SECOND CHANCES** – a project of the Koch brothers.

Entering into the reentry arena through Right on Crime (a national campaign that supports conservative solutions for reducing crime, restoring victims, reforming offenders, and lowering taxpayer costs) the project is building re-entry programs based on the 5-Key Model for Reentry developed at Florida State University’s Institute for Justice Research and Development. (FSU, if you’ll remember, is the school that was humiliated for accepting GEO (private prison) profits to build a stadium. Protesting students ensured the contract was terminated).

The Keys are:

- 1: Healthy thinking patterns
- 2: Meaningful work trajectories
- 3: Effective coping strategies
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I’m looking forward to hearing how these multimillion (more than \$20 mil!) programs play out.

**YOUR ACEs CAN MAKE YOU STRONG**

Are you familiar with the Adverse Childhood Experiences (ACEs) scale? According to the Centers for Disease Control and Prevention (CDC) “ACEs is the term used to describe all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18.” As the number of ACEs increases, so does the risk for these outcomes which can include risky health behaviors, chronic health conditions and low life potential.” (wow, what is the definition of ‘low life potential’??) “ACEs are common across all populations; more than one in five reported three or more ACEs. Some populations are more vulnerable to experiencing ACEs because of the social and economic conditions in which they live, learn, work and play. As the number of ACEs

increases so does the risk for negative outcomes. It is important to address the conditions that put children and families at risk of ACEs so that we can prevent ACEs before they happen.”

While the CDC may be right in certain areas, they neglect to consider that some people leverage their ACEs to become stronger. When people (including young people) are faced with challenges, many respond by developing problem-solving skills, music and artistic outlets for creativity, and a greater commitment to the health and well-being of themselves and others. Speaking from experience, our ACEs may also contribute to our ability to think for ourselves. Adversity can make people stronger! More capable! Smarter! Anti-Fragile! Alfred Woodfox (see the book review below) is a prime example.

I have two questions regarding the ACEs: If we're so concerned about them, why aren't we improving both schools and curriculum to bolster our young people and reduce ACEs scores? And what is the contribution to the ACE scores from carcinogen exposure in foods, body care products and pollution, from watching television, and from medical 'experts' that over-drug our population?

HELP YOURSELF THERAPY [www.helpyourselftherapy.com](http://www.helpyourselftherapy.com) A FREE mental wellness website! One way to leverage our ACEs is to become self-aware and grow within ourselves. I found this awesome website years ago, randomly, when I was building the Fair Shake Swellness page. I was blown away to find a therapist with the same ideals that I have: that valuable, powerful, healing, empowering and personhood or citizen-building information should be FREE to and for everyone. The website owner, Tony, declares “Everyone deserves to know what therapists know. Therapy information should be free or as inexpensive as possible. Every topic here has something of value for you. Come back regularly to read everything, even the titles that don't seem to relate to you. Let me know if you think you wasted your time.”

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Does anyone know of a remedy??

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SOLITARY: Unbroken by Four Decades in Solitary Confinement. My Story of Transformation and Hope By Albert Woodfox 433 pages

According to NPR: “By the time Albert Woodfox spent more than 40 years fighting a legal battle to clear his name of a murder he didn't commit. Throughout that process, he remained locked in

solitary confinement, one of the longest stretches ever served by a prisoner. Those four decades didn't break him; they made him stronger. Every setback gave him purpose. When Woodfox met Black Panthers in prison, he found that they fought for "equal education, equal opportunities, equal justice, equal treatment, and respect." He soon decided to fight for the rights of minorities, while trying to improve conditions for prisoners. The coping mechanisms he developed to survive those 40 years of isolation speak volumes about the strength of his character as well as his determination to survive.

Excerpt from the book: "I used to tell myself, "If you can breathe you can get through anything." says Woodfox. "In my mind, heart, soul, and spirit I always felt free, so my attitudes and thoughts didn't change much after I was released. But to be in my physical body in the physical world again was like being newly born. I had to learn to use my hands in new ways – for seat belts, for cellphones, to close doors behind me, to push buttons in an elevator, to drive. I had to relearn how to walk down stairs, how to walk without leg irons, how to sit without being shackled. It took about a year for my body to relax from the positions I had gotten used to holding while being restrained. I allowed myself to eat when I was hungry. Gradually, over two years, I let go of the grip I held against feeling pleasure, and of the unconscious fear that I would lose everything I loved."

Albert Woodfox is anti-fragile, so was Nelson Mandela and many others who have suffered long and remained not only unbroken, but who became strengthened by the constant tension and challenge.

#### QUOTES:

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FROM A COACH Do not allow 15 minutes of indecision, cause you a lifetime of pain. ~ Anthony Boyd

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#### CONGRATULATIONS, GRADUATES!

To our successful transitions ~  
Ubuntu, ~ sue k. M.Ed. ~ :)

Fair Shake  
PO Box 63  
Westby, WI 54667

As always, remember to look up, in your phone-gizmo:  
2-1-1

Fairshake.net  
Rzero.org  
And HelpYourselfTherapy.com

## WISCONSIN DOC

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THIS JUST IN:

The folks at WISDOM informed us that Parole Commission Chair John Tate II will be taking his new role on June 3rd, 2019.

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