

Fair Shake News – Thankful for the Opportunity

Hello Fair Shake readers ~

I sure am grateful that we have this opportunity to share ideas within our growing group of 2506 and counting.

Like many Americans, I'm reflecting today...and grateful for lots of things in my life - or, more precisely, the not-things such as: a working mind, a determined spirit, a caring heart and a strong voice. Although I built my power (it was not given to me, and – as many readers know – it was a struggle for me to find and develop), I believe those four characteristics are responsible for it.

According to the King James Version of the Bible, Luke (12:48) stated: "For unto whomsoever much is given, of him shall be much required."

My mind, spirit, heart and voice were present and active throughout my development. My belief that UBUNTU is the human 'operating system' compels me to blend these strengths together so I can be the best me that I can be. I have much to give!

And I have much to learn ~ :) So I must also continue to develop my listening skills, my collaboration skills and my patience...informed, in a large part, by things I am learning from you!

I'm grateful for the special and important opportunity we have here, which can continue after release. How terrific is that?

And I'm especially grateful that I have the means to be able to do this: to build Fair Shake precisely as I am building it.

Which leads me to shouting my GRATITUDE for the FAIR SHAKE DONORS!!!...who believe in the value and possibilities that my perspective (and my effort!) brings. Although the Federal Corrlinks are free for me to use (including sending the newsletter) the same service in WI charges \$.10 per email...which really adds up with more than 1250 readers each month. You, donors, allow me to do so much more than that, too, like travel to the Conference last week!

Speaking of which, I'm grateful to the Alliance for Higher Education in Prison, which primarily focuses on issues in formal learning at the college level, for allowing me and my colleagues to present our 90 min "panel discussion" at the National Conference for Higher Education in Prison in St. Louis. Most readers know that our title was "What You Focus on Grows: Reducing Recidivism Rhetoric and Reframing Reentry Success". Although no one on the panel is currently a student or a professor in higher education, all of us have been students at one time. It is our belief that the educators, from many disciplines, can build a humanized assessment or measurement tool that includes in its calculations what we have been calling Freedom Protection Factors. (P also stands for "potential" but after talking with the risk assessment developer on the plane, I think "protection" is more activating. Thoughts??)

Though they gave us the opportunity to present, they underestimated our ability to grow an interested audience! We stuffed the room to 250% of its max occupancy, with people sitting and standing in the hallway. Some had to walk by and just grab a flyer! This is a topic that everyone talks about if they are working with incarcerated people...and it's precisely what doesn't work. We

are building a website for folks to check out our work and engage more deeply in this important topic.

I'm grateful for Drakes, in Ferguson, MO, too... for an incredible dining experience and lovely setting where Plan C is taking shape....the 'social safety net' we've been talking about here for some time. All are welcome to join Plan C; the only requirements are that our members are active, supportive, interested and cooperative. Let's grow a grassroots support group that builds communities and works around barriers and limitations! What we think on grows! Plan C is simply a placeholder name, though. If you can think of a great name for this group, we welcome your suggestions!

I'm grateful that my car broke down in Ferguson... so I could learn about the area first hand! I'm grateful for the generous hospitality of my formerly incarcerated colleague and friend who let us stay with him (my cars like to break down on Sundays) and I'm grateful the car got me home safely after it was inspected and the problem diagnosed. I'm grateful for a little DRAMA in an otherwise very predictable (read = BORING) 8 hour road trip. Longtime subscribers know that I love to drive old cars...and sometimes for the same reason lots of folks like to walk dogs: to meet people! I've got some terrific memories and stories.

Speaking of higher education in prisons, I found this organization today when I was looking for CLEP info:

HIGHER EDUCATION: FRESHMAN YEAR FREE!!!

Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream.

Modern States
787 Seventh Avenue 49th Floor
New York, New York 10019

Freshman Year for Free: <https://modernstates.org/freshman-year-free/>

Modern States will pay for you to take the CLEP exam!

The online courses are taught by college professors. The courses prepare students for introductory College Level Examination Program (CLEP) exams in Economics, Sociology, Algebra, and other areas. Modern States is also paying the \$89 test fee and scheduling fee for students who enroll in the courses and take the exams. There are no prerequisites for the 32 courses that are available, and all of them are self-paced. Check out the list of course offerings at the bottom of this newsletter.

I'm super grateful Modern States has created this opportunity! I dropped a line to them to see if they will support CLEP test proctors in prison (hopefully they can simply certify the GED proctors). I will let you know what I hear!

BOOKS I'M READING: Yes, more... (I haven't finished Vine DeLoria yet, but I'm close!)

Thank You For Being Late: An Optimists Guide to Thriving in the Age of Accelerations by Thomas Friedman (NY Times Op. Ed. columnist and author of The World is Flat) – The gist of the book is that we have to create and appreciate spaces for reflection, for allowing and for paying attention to

life, because modern life is getting extremely distracting and demanding. We need time to reflect on being human.

Why Are We Yelling? The Art of Productive Disagreement by Buster Benson, best known in Fair Shake circles for his Cognitive Biases Cheat Sheet (want a copy via email? Drop me a line with CBCS in the subject line!), Benson has expanded the ideas to help us remember that we are leaning on one bias or another (or a few at once) pretty much all the time...the trick is for us to recognize this and check ourselves... It's fun to read; it's got pictures ~ :)

And I'll leave you today with some quotes on GRATITUDE:

"The more grateful I am, the more beauty I see." – Mary Davis

"The deepest craving of human nature is the need to be appreciated." – William James

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." – Oprah Winfrey

"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." – Albert Schweitzer

Up next: a special "Author" issue, which will include the Vine DeLoria book review!!

Finally, I am grateful for you all. I am greatly enjoying our unique type of 'conversation' and I'm excited to see how it grows, along with our possibilities in the software and secure website, and – most importantly – our social safety net, inside and outside.

To our successful transitions...
Ubuntu and gratitude! ~ sue

Fair Shake
PO Box 63
Westby, WI 54667

As always, remember to look up free support in your phone-gizmo:
2-1-1
Rzero.org
Fairshake.net
HelpYourselfTherapy.com

Freshman Year for Free: <https://modernstates.org/freshman-year-free/>
COURSES AND CLEP EXAMS:

BUSINESS AND MANAGEMENT
[Information Systems](#)
[Financial Accounting](#)
[Principles of Management](#)
[Introductory Business Law](#)
[Principles of Marketing](#)

COMPOSITION AND LITERATURE

[American Literature](#)

[English Literature](#)

[Humanities](#)

[College Composition](#)

[Analyzing and Interpreting Literature](#)

HISTORY AND SOCIAL SCIENCES

[Introductory Sociology](#)

[Introduction to Educational Psychology](#)

[Human Growth and Development](#)

[History of the United States II](#)

[American Government](#)

[Social Sciences and History](#)

[Western Civilization I: Ancient Near East to 1648](#)

[Western Civilization II: 1648 to the Present](#)

[History of the United States I](#)

[Introductory Psychology](#)

[Principles of Macroeconomics](#)

[Principles of Microeconomics](#)

SCIENCE AND MATHEMATICS

[Natural Sciences](#)

[Calculus](#)

[Precalculus](#)

[College Mathematics](#)

[College Algebra](#)

[Biology](#)

[Chemistry](#)

LANGUAGES

German, French and Spanish