

## BOP

FS News: Solstice Greetings!

Winter tidings, everyone ~

Happy Solstice!! Every six months we enter a liminal time of the year when the 'sun stops' (the meaning of the Latin word 'solstice') it's journey toward one pole and heads back toward the other...or at least this is how it is perceived down here on planet Earth. In December, the shortest day for people in the northern hemisphere is around December 21<sup>st</sup>. Starting on the 22<sup>nd</sup>, the days will grow longer as the sun again heads toward the north. The opposite is true in June, when the longest day of the year is around June 20<sup>th</sup>.

Solstice holidays run deep in human traditions. Across the globe, and across the ages, people have celebrated the event. The winter solstice is also called the hibernal solstice, acknowledging the lengthening days as the year being reborn. The Scottish people saw the winter solstice as a time of 'cleaning out the old'. Some traditions see this as a time to plant a seed for the future: an idea or a direction...which might be where 'new year's resolutions' got their start. Resting, reflecting and planning are all part of the liminal joy of winter.

With a liminal, planning mindset, I thought I'd share some thought-provoking news!

BUT FIRST, we all owe our thanks to the donors who have been keeping this newsletter, and Fair Shake, going! Thank you all. We wouldn't be sharing news, ideas and conversations without you.

HOW RUMORS START: Newspaper Headlines!

Here's a doozy that has been circulating since early December: "Some Californians released from prison will receive \$2,400 under new state re-entry program". That sounds like a great idea, doesn't it? It also sounds too good to be true. People have been asking me for years about 'grants' that area available to people after release because of headlines like this. These headlines are called 'hooks' and are meant to nudge you into clicking on the article. If you invest the time, which many people do not, you'd learn that the "recipients will get the money over a series of payments after meeting certain milestones such as showing progress in finding places to live and work". And if you go to the Company's website – Center for Employment Opportunities or [ceoworks.org](http://ceoworks.org) – you'll learn that program participants work on "transitional work crews that provide supplemental indoor/outdoor maintenance and neighborhood beautification services to more than 40 customers across the U.S." Now a different picture is developing: a company that will pay you each day (a perk, to be sure!) to stay in their program while you work doing manual labor. Then they will give you incremental incentives when you reach goals that they have set for you. I'm not saying that any of this is bad; just that the hook is much different than the real story. This happens with articles, advertisements, book titles, the news, etc. If you're interested in learning more about the company (that particular program is only available in California, currently) you can write to them here: CEO 50 Broadway, Suite 1604, NY, NY 10004. They are in CA, CO, GA, KY, LA MI, NY, NC, OH, OK, PA, TN and adding new states all the time. Your supporters can find them at [www.ceoworks.org](http://www.ceoworks.org) .

Here's a truly great headline: EIGHT STATES OFFER FREE HIGHER ED TO INDIGENOUS LEARNERS:

**ARIZONA: Arizona Native Scholars Grant - TUCSON campus only**

New and continuing full-time, degree-seeking, in-state undergraduates are eligible for the Arizona Native Scholars Grant. Available for students registered to any of the state's 22 federally recognized tribes. Contact: Enrollment Management, The University of Arizona, 1200 E. University Blvd., P.O.

Box 210073, Tucson, AZ 85721 or <https://news.arizona.edu/story/uarizona-ensure-tuition-coverage-native-american-undergraduates-arizona>

**CALIFORNIA: Native American Opportunity Plan - University of California Statewide**

UC's Native American Opportunity Plan ensures that in-state Tuition and Student Services Fees are fully covered for California students who are enrolled in federally recognized Native American, American Indian, and Alaska Native tribes. This plan applies to undergraduate and graduate students. Students with greater financial need can qualify for support to help pay for books, housing, transportation, etc. No mailing address was provided.

<https://admission.universityofcalifornia.edu/tuition-financial-aid/types-of-aid/native-american-opportunity-plan.html>

**MAINE: Native American Waiver and Education Program**

The Native American Waiver and Education Program pays all tuition and mandatory University fees for eligible students. Find out more: Native American Programs, 5717 Corbett Hall, Room 208, Orono, Maine 04469-5717 Online: <https://umaine.edu/nativeamericanprograms/wabanaki-center/waiver-program/>

**MASSACHUSETTS: Native American Tuition Credit**

To be eligible for a tuition credit, the applicant must: Be Native American, a Massachusetts resident and enrolled in an undergraduate degree program at a Massachusetts college or university. Write: Native American Tuition Credit 100 Cambridge St, Suite 300, Boston, MA 02114 Online:

<https://www.mass.gov/info-details/native-american-tuition-credit>

**MICHIGAN** The Michigan Indian Tuition Waiver

The program waives the tuition costs for eligible Native Americans in public community colleges or universities within Michigan. Applicants must be must be Michigan residents (for twelve consecutive months at the time of application); must qualify for admission at a public institution in Michigan; and must be one-quarter (1/4) Native American blood quantum and an enrolled citizen of a U.S. Federally Recognized Tribe. Write to: Michigan State University 426 Auditorium Road, Room 250, East Lansing, MI 48824 or online at: <https://admissions.msu.edu/cost-aid/scholarships/first-year/native-american>

**MONTANA: American Indian Tuition Waiver**

Eligibility: (1/4) degree of Indian blood or enrolled member of a state or federally recognized Indian tribe located within Montana, Montana resident, demonstrate financial need. Write to: University of Montana, 32 Campus Drive Missoula, MT 59812 or find them online:

<https://www.umt.edu/finaid/types-of-aid/tuition-waivers/>

**OREGON: Oregon Tribal Student Grant**

A grant intended to cover the average cost of attendance (tuition, books, housing, transportation, etc.) after all federal and state grants/scholarships have been applied. Write for more info:

Oregon Student Aid Commission Office, 3225 25th Street SE, Salem, OR 97302

<https://oregonstudentaid.gov/grants/oregon-tribal-student-grant/>

**WISCONSIN: Wisconsin Tribal Educational Program MADISON campus only**

The University of Wisconsin-Madison offers free tuition for members of federally recognized Wisconsin Tribes." The school will cover the full cost of an undergraduate degree and tuition for certain graduate students. The program covers the full cost of tuition, housing, meals, books, and other educational expenses. UW- Madison: <https://financialaid.wisc.edu/types-of-aid/wi-tribal-educational-promise-undergrads> / or write to: Office of Tribal Relations Bascom Hall 500 Lincoln Dr Madison, WI 53706

## And NEW MEXICO OFFERS FREE HIGHER ED TO ALL RESIDENTS!

Full tuition and fees are covered at New Mexico public colleges and universities for full and part-time students pursuing credit-bearing career training certificates, associate degrees, and bachelor's degrees. To qualify as a resident, you must live in New Mexico for 12 consecutive months. Write for more information: New Mexico Higher Education Department 2044 Galisteo Street, Suite 4, Santa Fe, NM 87505-2100 or online: <https://hed.nm.gov/free-college-for-new-mexico>

## BOP CDL PROGRAM

I happened to find a video, made by the BOP, that describes the CDL program at FPC Pensacola. It's the first video in a new series called "Unlocking Potential." (started just this fall) From the BOP website: (The) "video showcases adults in custody (AICs) preparing for the high-demand career of operating a tractor-trailer. The program, at FPC Pensacola (FL), has provided 119 individuals the ability to earn their commercial driver's license (CDL) in 2023. Spurred by the national shortage of tractor-trailer drivers, the FBOP is working to replicate the program offered at FPC Pensacola to make it available Bureau-wide. (Folks) releasing with their CDL will be able to obtain meaningful employment with a livable wage." Here's the website:

<https://www.bop.gov/resources/news/20231120-unlocking-potential.jsp> . I will let you know when I hear about new videos / training opportunities!

## BENDING BEAN: Now available to you!

As you know from the previous edition of the FS News, I'm making products and opening a store to raise the funds necessary to sustain and grow Fair Shake. In response to this news, an alert reader asked if I would consider sending a catalog to the FS newsletter readers so they could send a gift to a loved one while also supporting Fair Shake. I thought this was an outstanding idea, so I've been learning how this works...and I'm ready to give it a whirl. The store will sell lip balm, travel toiletries, bumper stickers (and computer/bike stickers), Ethiopian coffee and more items as I add them. If you're interested in receiving a full-color product sheet (or two? I'm not sure yet! ~ : ) with an order form, please send an SASE (or a stamp and your mailing info) and I'll send out the information with a \$.70 discount toward your first order. There will be one confusing hitch here: you will not be writing to Fair Shake (because it's a non-profit), you'll be writing to the for-profit business that donates its profits Fair Shake. The store is called Bending Bean. (The IRS would not let Fair Shake make or sell goods). If you're interested in receiving the information, please send your request to Bending Bean, PO Box 142, Westby, WI 54667.

## THE THINGS WE CARRY

Fifteen years ago I read a story by Tim O'Brien called "The Things They Carried." It is a fictional story about a group of American soldiers in Viet Nam. The 'narrator' of the story weaves together descriptions of the characters with the items they carry with them; from the military gear, to photos and letters, and the emotional 'things', too: memories, hope, grief, terror, love, and longing. Each man's physical burden underscores his emotional burden.

The story has become something I carry. It reminds me to inventory the things I will carry into the new year. (Much like the Scottish tradition in the second paragraph.) When I reflect on what serves me and what I'm just dragging along, I have a choice of what to keep, what to suspend (and think about a little more ~ : ), and what to let go of. Some precious items are tied to my values and I will carry them for my entire life.

I certain that you carry memories that are deep and important; that reinforce your values, your commitments, and your goals. Are there, perhaps, also items that you carry that no longer serve you?

We expand our mind and our options all the time...but there is a limit to what we access regularly. This liminal time of year is great for clearing out space to make room for learning!

## PONDERABLE QUOTES:

"Reason flows from the blending of rational thought and feeling." - Erich Fromm

"I close my eyes in order to see." – Paul Gaughan

"Never again will I set myself on fire to keep other people warm." – Clifton Posey

"How can a man come to know himself? Never by thinking, but by doing." ~ Johann Wolfgang von Goethe

"Do what you can, with what you have, where you are." - "Teddy" Roosevelt

Life is harder when you expect a lot of the world and little of yourself.  
Life is easier when you expect a lot of yourself and little of the world.  
High standards, low expectations. – James Clear (author of Atomic Habits)

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say, "I lived through this horror. I can take the next thing that comes along.".. You must do the thing you think you cannot do. - Eleanor Roosevelt

"Never think that war, no matter how necessary, nor how justified, is not a crime." ~ Ernest Hemingway

All the best to you in 2024 ~ and be good, (just) for goodness' sake ~ : )

Ubuntu! ~ sue

As always, when you are released, remember to find support in your phone-gizmo:  
[Fairshake.net](http://Fairshake.net) National Reentry Helpline (24/7): 844-916-2577

FREE REENTRY BOOK: "Mapping Your Future" Write to: Education Justice Project 1001 South Wright Street Champaign, IL 61820

Newsletters are available at FairShake.net for your family and friends to read or print.