

## **Journal #4378**

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### **[Circle of Courage® | Starr Commonwealth](https://www.starr.org/training/youth/aboutcircleofcourage)**

<https://www.starr.org/training/youth/aboutcircleofcourage>

The *Circle of Courage*® is a model of positive youth development based on the universal principle that to be emotionally healthy all youth need a sense of belonging, mastery, independence and generosity. ... The *Circle of Courage* provides the philosophical foundation ...

*Stray thoughts from a Ken Burns interview: "We could argue forever and not change....but it makes a good story"*

*"History doesn't repeat itself but it rhymes"*

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The era of **artificial intelligence** is just beginning, but a new institute at Stanford **aims to develop technologies centered** on benefiting humankind.

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Just a reminder:

**Today's selection -- from *Heirs of the Founders* by H.W. Brands.**

After three short years under presidents John Tyler and James Polk, the United States doubled in geographic size, primarily as an outcome of its war with Mexico:

"[In 1846,] James Polk made prophets of Henry Clay and Daniel Webster by commencing a war with Mexico. Polk's war was a land grab wrapped in self-defense. Texas entered the Union with its southern boundary in dispute. The United States claimed the Rio Grande as the border; Mexico claimed the Rio Nueces, more than a hundred miles to the north. Mexico nominally claimed the rest of Texas as well, never having acknowledged the loss of its rebellious province. But though it responded to the American annexation of Texas by severing relations with the United States, it took no military action to challenge the new regime on its northern frontier.

"This frustrated Polk. The president's expansionist appetite grew with the eating; not content with depriving Mexico of Texas, Polk coveted California as well. He attempted to purchase California, but the Mexican government rebuffed him. Polk then sought a pretext for declaring war on



Mexico. He sent troops to the disputed strip between the rivers, hoping to goad the Mexicans to attack. Weeks went by and the Mexicans refused to take the bait. Polk, more vexed than ever, prepared a war message for Congress, in which he blamed the Mexicans for insults and injuries against American honor and interests. It was a flimsy document, as Polk himself recognized, but he was determined to have California and its Pacific harbors, by whatever means necessary. Then, just as he was about to transmit his message to Congress, he received news that Mexican troops had finally engaged the Americans. 'After reiterated menaces, Mexico has passed the boundary of the United States, has invaded our territory and shed American blood upon the American soil,' Polk told Congress. 'War exists, and notwithstanding all our efforts to avoid it, exists by the act of Mexico itself.' For emphasis the president added, 'The two nations are now at war.'

"John Calhoun begged to differ. Polk wanted Congress simply to endorse his assertion that war existed and give him authority to prosecute it. Calhoun wasn't going to be stampeded into anything. 'The question now submitted to us is one of the gravest character, and the importance of the consequences which may result from it we cannot now determine,' he told the Senate. 'The president has announced that there is war; but according to my interpretation, there is no war according to the sense of our Constitution.'

"Calhoun didn't challenge Polk's account of the attack on American forces. Nor did he question Polk's authority to resist and repel such attacks. But he distinguished hostilities from war. 'It is *our* sacred duty to make war,' he told his fellow senators, 'and it is for *us* to determine whether war shall be declared. If we have declared war, a state of war exists, and not till then.' Calhoun succeeded in slowing the rush to war, but not by much. Congress debated the president's request, with most of the negative comments coming from the Whigs. Some asked whether Polk had done all he could to avoid armed conflict; their strong implication was that he had not. A few went so far as to charge Polk with provoking the war. 'This war was begun by the president,' Garrett Davis, a Kentucky Whig, told the House. Some inquired whether the Mexican attack, if it indeed had occurred as the president said, had been authorized by the Mexican government. Still others rejected Polk's assertion that the soil on which the blood had been shed was American. Some said flatly that it was Mexican; others remarked that ownership was still in dispute.

"But Polk knew the American political mind better than the dissenters did. He understood that the shedding of American blood --under whatever circumstances -- created an irresistible impulse toward war. A negative vote could be characterized as an unpatriotic vote, and no lawmaker lightly risked that. The few surviving former Federalists remembered how their party had wrecked on its opposition to the War of 1812. In the end scarcely a dozen Whigs refused the president's request. John Calhoun haughtily abstained.

"Daniel Webster dodged. His conscience and his constituents opposed the war, but as one of those Federalist refugees, he recalled how the winds of war could blow popular sentiment in unexpected directions. When the vote was taken, he was not in the Senate chamber."

**Heirs of the Founders      Author: H.W. Brands      Publisher: Doubleday**

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### **[Low-Income Students in Tennessee Get Opportunity in Form of Free Tuition](#)**

*Sam Fulwood III, ThinkProgress*

Fulwood writes: "Joining a small, but growing list of U.S. colleges and universities seeking to make higher education more accessible to a greater number of qualified students, the University

of Tennessee announced recently it would guarantee free tuition and fees to admitted in-state residents with a family household income of less than \$50,000." [READ MORE](#)

### **Why Students of Color Are Stepping Up to Lead Climate Strikes**

*Leanna First-Arai, YES! Magazine*

First-Arai writes: "Kawika Ke Koa Pegram has lived his entire life in island communities and is all too familiar with what sea level rise looks like firsthand. Pegram, a 17-year-old junior in high school, recently moved back to Hawai'i - where he was born - from the Philippines. Two years later, Hurricane Walaka hit the state." [READ MORE](#)

[https://grist.org/article/shell-to-trump-administration-regulate-us-already/?utm\\_medium=email&utm\\_source=newsletter&utm\\_campaign=daily](https://grist.org/article/shell-to-trump-administration-regulate-us-already/?utm_medium=email&utm_source=newsletter&utm_campaign=daily)

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**The Silver State Opportunity Grant Program (SSOG Program)** is a state-supported financial aid program created by the 2015 Legislature pursuant to [Senate Bill 227](#) (Chapter 387, *Statutes of Nevada 2015*). Under the SSOG Program, need based grants will be awarded to eligible low income students who are college-ready to pay for a portion of the cost of education at a community college or state college within the Nevada System of Higher Education (NSHE). This unique program is built on a shared responsibility model and guided by a philosophy for awarding grant aid based on the total cost of attendance (tuition and fees, books and supplies, room and board, and other living expenses) being shared by partners (the state, federal government, family, and the student).

Students from low-income families are a growing share of K-12 and higher education enrollments in Nevada. Students from the lowest income families have the lowest high school graduation rates, the lowest college continuation rates, and the lowest bachelor's degree attainment rates. Nevada's participation rate for students from low income families was 44th in the nation at 28.6 percent in 2012—well below the national average of 39.4 percent (Postsecondary Education Opportunity, September 2013, *College Participation Rates for Students from Low-Income Families by State, 1993-2012*). The SSOG Program is an aggressive first step to encouraging more low income students to attend college and earn a degree or credential of value.

#### **Who is Eligible?**

Eligible institutions include NSHE community colleges and state college:

[Nevada State College](#)

[College of Southern Nevada](#)

[Great Basin College](#)

[Truckee Meadows Community College](#)

[Western Nevada College](#)

To be eligible for an SSOG award, a student must:

- Be enrolled in a program of study leading to a degree or certificate;
- Enroll in at least 15 credit hours that apply to the student’s chosen program of study;
- Be college ready based on placement or completion of entry-level, college-level mathematics and English\*;
- Be classified as a resident for tuition purposes;
- Meet institutional Title IV financial aid satisfactory academic progress requirements; and
- Complete the [Free Application for Federal Student Aid](#) (FAFSA) and have an Expected Family Contribution (EFC) of 8500 or less.

\*To be considered “college-ready” for the purpose of SSOG Program eligibility, a student must be 1) currently or previously enrolled in a 100 or above level mathematics and English course, 2) placed into a college-level course under institutional placement policies for placement into at least Math120 and English 101, or 3) previously successfully completed remedial coursework (evident by a C or better in Math 096 and/or English 098).

Completion of the FAFSA is a critical step toward receiving an SSOG award. Funds for the SSOG Program are limited and are awarded to the students with the most financial need first. In other words, funds are awarded to eligible students in ascending EFC order, starting with 0 EFC up to 8500 EFC, until funds are exhausted. Financial need is based on the expected family contribution is determined through completion of the FAFSA.

Students who have previously earned a bachelor’s degree are not eligible for the SSOG award.

### **How is the Award Calculated?**

The SSOG program is modeled on a shared responsibility philosophy for awarding grant aid where the award is based on the total cost of attendance (tuition and fees and living expenses) being shared by partners (the state, federal government, family, and the student). The shared responsibility model is based on best practices and described in detail in a report published by the Western Interstate Commission on Higher Education, titled [States in the Driver’s Seat: Leveraging State Aid to Align Policies and Promote Access, Success, and Affordability](#).

The SSOG award amount is calculated by subtracting from the total cost of attendance the student contribution; expected family contribution (determined from completion of the FAFSA); and federal awards received (including the Pell Grant, the Federal Supplemental Educational Opportunity Grant (FSEOG), and the federal TEACH grant). The amount remaining, up to \$5,500 annually, is the SSOG award amount.

The total cost of attendance varies by student living circumstance (living off campus, living on campus [GBC only], or living with parent). It is calculated by the institutions based on a federal methodology provided for in 20 U.S.C. § 1087 II. For the purpose of the SSOG award calculation, a single cost of attendance based on the average of all eligible institutions is used for each housing category.

**2017-18 Total Cost of Attendance\*  
for the Purpose of the SSOG Program**

Living off campus and not with parent  
\$19,066

Living with parent  
\$12,936  
Living on campus  
\$15,385

\*Based on the average of COA amounts for the eligible institutions

As the principle beneficiary, the student is expected to contribute toward his/her own education costs. The student contribution for 2015-16 is set at \$5,500 and is based on the expectation of a reasonable work commitment (15 hours of employment throughout the year less estimated federal income tax). The reasonable work commitment is solely used for the purpose of determining the student share under the SSOG calculation and should in no way be construed as requiring a student to seek or obtain employment as a condition of eligibility for the SSOG award. The student share may be covered by a number of other sources, including but not limited to: student earnings or savings; private, institutional, state or federal scholarships (including the Governor Guinn Millennium Scholarship); veterans educational benefits; student loans; and financial assistance from family or friends.

### **Continuing Eligibility**

Students who receive an SSOG award remain eligible for future semesters providing they continue to meet Title IV Financial Aid Satisfactory Academic Progress requirements. However, SSOG awards are made according to program requirements on an annual basis, and maintaining eligibility is not a guarantee of receiving an SSOG award in future years. SSOG recipients who wish to receive an award in subsequent years are encouraged to file their FAFSA and complete all additional requirements as early as possible every subsequent year of enrollment.

Students who receive an SSOG award and fail to maintain Satisfactory Academic Progress lose eligibility for future semesters; however, these students may appeal with the financial aid office at their institution and, if their appeal is approved, will be eligible for continued SSOG funding. Alternately, students may regain eligibility for SSOG funding in future semesters by regaining Financial Aid Satisfactory Academic Progress. Regaining eligibility, however, is not a guarantee of receiving an SSOG award in future semesters.

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### **[Tribe, KRRC clarifies supervisor statements on dam removal](#)**

By Jessica Cejnar, Del Norte Triplicate, 3/20/19

The Yurok Tribe and the nonprofit organization spearheading a project to remove dams on the Klamath River are seeking to clarify statements made by Del Norte County supervisors regarding mitigation dollars. The tribe's response addresses a comment from District 3 Supervisor Chris Howard, who stated the Klamath River Renewal Corporation has set aside \$450 million in mitigation funds and the Yurok Tribe "has requested substantial mitigation" from the corporation for negative impacts it may experience as a result of the dam removal project.

## 'Super mom' spotted on a Minnesota lake — with 56 ducklings in tow



When Cizek first photographed this family, there were around 56 babies. He came back later and counted 76 of them. (Photo: Brent Cizek)

*“Stress can be constructive or destructive. It can encourage or discourage, move us along or stop us dead in our tracks, and make life meaningful or seemingly meaningless. Stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. It can also cause you to panic and forget all your training. Your key to survival is your ability to manage the inevitable stresses you will encounter. The person that survives is one who works with his stresses instead of letting his stresses work on him.”*

*“People under stress have a potential to panic if they are not well-trained and not prepared psychologically to face whatever the circumstances may be. While you often cannot control the survival circumstances in which you find yourself, it is within your ability to control your response to those circumstances. Learning stress management techniques can significantly enhance your capability to remain calm and focused as you work to keep yourself and others alive. A few good techniques to develop include relaxation skills, time management skills, assertiveness skills, and cognitive restructuring skills (the ability to control how you view a situation). Remember, “the will to survive” can also be considered “the refusal to give up.””*

– [Survival, Army Field Manual 3-05.70](#)

## **Eurotoxin that's poisoning the Pacific?**

The Verge

Why a Pacific coast fishing organization is suing 30 fossil fuel companies [Read the full story](#)

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## **New on NCAI's YouTube Channel: Quapaw Tribe of Oklahoma's Agricultural Programs**

**(2018 Honoring Nations Awardee)**

At NCAI's 2018 Annual Convention in October, [Harvard Honoring Nations](#) - which identifies and celebrates outstanding programs in tribal self-governance - bestowed its 2018 Honoring Nations Awards on six worthy recipients for their difference-making approaches in critical areas of tribal governance.

Each week for the next few weeks, NCAI's Partnership for Tribal Governance (PTG) is releasing a new video featuring one of the 2018 Honoring Nations Award Recipients. This week, PTG shares the story of the [Quapaw Tribe of Oklahoma's Agricultural Programs](#).

Among the recipients was the Quapaw Tribe of Oklahoma's Agricultural Programs. The Quapaw Agricultural Programs are a farm-to-table initiative that houses the first USDA-certified meat processing plant in Indian Country. Promoting healthy diets and job creation, the Agricultural Programs focus on sustainable and humane methods of breeding, raising, and processing livestock as well as planting and harvesting crops for the community.

Sharing the Quapaw Tribe's story of governance success in this video is Chairman John Berrey of the Quapaw Tribe.

**To watch Quapaw Tribe share its tribal governance success story, please click [here](#).**

***Other 2018 Honoring Nations Award Videos:***

[Sitka Tribe of Alaska's Indian Child Welfare Act Partnership](#)

[Miami Tribe of Oklahoma's Myaamiaki Eemamwiciki Program](#)

[Yurok Tribe's Wellness Programming](#)

[Alaska Native Tribal Health Consortium's Health Aide Training Programs](#)

To learn more about the Harvard Honoring Nations program, please click [here](#).

**NCAI Contact:** Ian Record, *Director, Partnership for Tribal Governance*, [irecord@ncai.org](mailto:irecord@ncai.org)

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## **[Dem lawmakers call for investigation into Interior officials over alleged ethics violations](#)**

By Miranda Green, The Hill, 3/18/19

A pair of Democratic lawmakers are calling on the Interior Department watchdog to look into ethical concerns involving a number of key agency officials. Sen. Tom Udall (D-N.M.) and Rep. Betty McCollum (D-Minn.) wrote a letter to Interior's acting Inspector General Mary Kendall on Friday, asking her office to investigate reports of "ethics irregularities" for senior Interior officials, specifically acting Secretary David Bernhardt.



**California Reporting Project:** Since a new state law took effect forcing open police-misconduct records, we have reported on officers at numerous Bay Area agencies disciplined for bad deeds. Now, we're part of a new [statewide media effort to uncover more of these records](#) and share them with the public. ... [San Jose: 911 response times down, but not enough](#)

**Future of uncertainty:** The opening ceremony of a new Stanford center devoted to the study of artificial intelligence was also an opportunity for leaders in technology to [warn that humanity may not be prepared](#) for what is to come as breakthroughs potentially outpace regulation.

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[California Board Advances Colorado River Drought Plan](#)

By Emily C. Dooley, Bloomberg Environment, 3/18/19

The Colorado River Board of California voted March 18 to sign off on plans about how to manage Colorado River water in case of ongoing drought. The vote, over the objections of the river's largest water user—the Imperial Irrigation District—allows the California representative on the board to sign a letter with six other states March 19 authorizing the U.S. Secretary of Interior to move forward. It also includes proposed federal legislation to execute the agreements.

[To Finish Drought Plan, Colorado River Water Managers Ask Congress For Approval](#) [By Luke Runyon, KUNC, 3/20/19](#)

Water leaders from the seven states that make up the Colorado River basin are one step closer to finalizing a drought contingency plan. Representatives from Colorado, Wyoming, Utah, New Mexico, Nevada, California and Arizona met in Phoenix Tuesday to sign a letter to Congress asking for federal approval of the plan. Recent heavy snows in the southern Rockies have relieved some short-term pressure on the region's water supplies. If dry conditions in the southwest return in the next six years, the plan would force Arizona, Nevada, California and Mexico to cut back the amount each takes from the overallocated river system.

[High-tech fight on aquatic invasive plants in Lake Tahoe shows promising results](#)  
By Tahoe Daily Tribune, 3/19/19

SOUTH LAKE TAHOE, Calif. — A pilot program that used ultraviolet light to combat aquatic invasive plants has shown promising results. Results from the program, which was deployed in Lakeside Marina in the summer of 2017, show the use of ultraviolet-C light successfully killed submerged aquatic plants, according to the Tahoe Resource Conservation District. Most of the

submerged plants showed signs of deterioration or complete collapsing withing seven to 10 days following the treatment, which was administered via a specially-made boat fitted with a drop-down panel of UVC lights.

**Mutton Stew Recipe – The Fancy Navajo**  
Posted By [Thefancynavajo](#) March 13th, 2019 | Blog |

Hello from The Fancy Navajo – Alana Yazzie! Each month I'll share my favorite recipes with you on PowWows.com!

Want more recipes, be sure to visit my website – [The Fancy Navajo](#).

There is nothing better than a delicious bowl of soup to soothe the soul.

On a hot or cold day, soup always brings such comforting feelings. It's also very versatile and any ingredient pretty much goes. This is great for those times when your pantry is looking a little sparse.

One of my favorite soups is Navajo mutton stew. Because it is one of those cherished meals that is made from the heart. [Read More](#)

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**Crystal Starr speaks at TEDx on preserving language**  
Posted By [Corinne Oestreich](#) March 14th, 2019 Blog

Crystal Starr was invited in January to speak at her local TEDx McMinnville.

Crystal shares her personal story of language revitalization for Chinuk Wawa.

“This is dedicated to each person who watches this now & in the future. I faced my fears of getting in stage in front of a 300+ audience to speak my truth. My partner [David Fullerton](#) said he was nervous for me on stage But supported me through the process. In our time together he's always believed in me, even when I didn't. David is a crucial part of where I'm at today because of his love hayu masi.



Remember to always speak your truth because you are worth listening to.” -Crystal Starr

[chinuk wawa: Native American Indian Language I](#)

[Crystal Starr Szczepanski | TEDxMcMinnville](#)

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**Top 10 Stories: What Indian Country read this past week...**

Each week, Indian Country Today posts our Top 10 stories that were selected by our readers.

[Read more](#) [newsmaven.io](#)