

**WVHRC**

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In the spirit and **DITIRATON** of the season, many of us stop and remember things, places and people on that **TYHSFUDY**, for which we are most **FUKNLTHA**. The **ETSAF** of **KURY-TE**, **GISTUFNE**, **SRARERIECNB**, **MAYS**, and all the **DOFO**, that makes **RENIND**, a great place to be with **AYILFM**.

In our house, we begin our **YOAHDAIL** with **HUHCRC**. The **MUUNAT**, **RTHADUSY**, decorated with leaves, a **RICOOAPCNU** and **ONHR** filled with **KIPPNSUM** are all reminders of what the early **LAMSIPGR** must have thought when they experienced it for the first time.

December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 <small>National Human Rights Day</small>
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 	26 <small>H</small>	27	28	29	30	31

SPECIAL POINTS OF INTEREST:

*"Did you know that drinking two glasses of Gatorade can relieve headache pain almost immediately-without the unpleasant side effects caused by traditional pain relievers?"*

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50th Year Celebration

On December 13, 2011, at 10:30 A.M., The West Virginia Human Rights Commission will celebrate and commemorate our 50<sup>th</sup> year administering the West Virginia Human Rights Act. House Bill 115, which originated in the House Committee on the Judiciary, was passed by the Legislature on **March 6, 1961, effective July 1, 1961** and ap-

proved by Governor William Barron. The Act amended Chapter 5, of the Code of West Virginia, one thousand, nine hundred thirty-one, as amended, adding a new article, article 11-, which created and established the **West Virginia Human Rights Commission**.



This celebration immediately follows National Human Rights Day, which is observed each year on December 10<sup>th</sup>. **Human Rights Day is a time for people to reflect on the meaning, importance, and need for human rights.**



The Universal Declaration of Human Rights was drafted between January 1947 and December 1948. It aimed to form a basis for human rights all over the world and repre-

sented a significant change of direction from events during World War II and the continuing colonialism that was rife in the world at the time. The Universal Declaration of Human Rights is

considered as the most translated document in modern history. It is available in more than 360 languages and new translations are still being added.

## WHAT'S IN A NAME? "Tired Turkey Syndrome!"



Turkey Dinner

Unless a microwave dinner is your idea of a Thanksgiving feast, you probably have had firsthand experience with the after-dinner feeling of fatigue. The turkey is often cited as the culprit in after dinner lethargy, but the truth is that you could omit the bird altogether and still feel the effects of the feast.

Turkey does contain **L-tryptophan**, an amino acid with a documented sleep inducing effect.; but it's probably not the only food on the table. Tryptophan also can be metabolized into neurotransmitters that exert a calming effect and regulates sleep. But would have to be taken on an empty stomach in order to make you drowsy.

So, why are you sleepy after a big turkey dinner? It's a combination of the type of food, amount of food, and celebratory atmosphere. Fats slow down the digestive system and also take a lot of energy to digest; you feel less energetic after eating a meal rich in fats.

**Happy Thanksgiving!**

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

~John Fitzgerald Kennedy~



## Inspirational Corner - Joyce Knotts - "Thankful For!"

I am very THANKFUL that I was born in America and that I had two wonderful Christian Parents who raised me and my two sisters to know about God and who took all three of their girls to church and taught us about God's Love and His Word, and as a result, we all three became born again Christians at a very early age....I was only 7 years old. Both of my two precious parents are in Heaven now, along with my oldest sister, Brenda, but I can honestly say that because of my wonderful parents, I am saved today, and when Jesus comes back, that

I know that I will go to Heaven to live forever. I am truly BLESSED and THANKFUL!

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I try to be thankful all year long, but this season has me thinking more about all of the people and things I can give thanks for. I am thankful for so many things, but first and foremost, I am ever so thankful for my relationship with God, and all the many blessings He has given me. I am thankful for my mother (a cancer survivor), and everything she is to me. I am thankful for my children, and grandbaby whom I love and adore. I am beyond thankful for

second chances and the fact that every moment is a brand new possibility for me as well as for everybody. I am thankful for my family and friends who are always there for me. People are special, invest in what they can offer. Listen to them, inspiration can be found in one simple conversation. Being thankful is a wonderful tool to attract what we want into our lives. Be thankful for what you already have. There's ALWAYS something to be thankful for.

**LISA GIST**

## More "Thanks-For Giving" Notes - Chad Beam

When the calendar rolls around and it comes time for Thanksgiving, we jokingly refer to "the 3 F's" ... Food, family and football! Having roots in the country, my family raised us to know the value of family and to be there for each other. On my dad's side, we had to deal with both grandparents losing long battles to cancer, along with all of the other family drama that every family has. When it comes to my mom's side, my generation has always been really close. I think our family became it's tightest during the years I was in HS. My uncle and his wife were

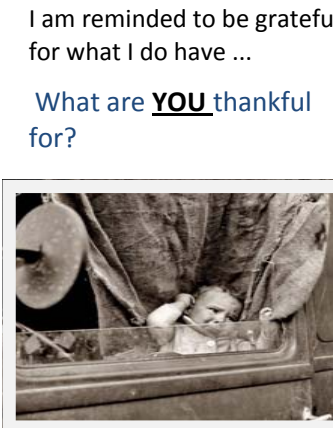
having issues, which caused my teenage cousins to go off and do their own thing. We grew up helping them overcome their issues of abandonment and teenage pregnancy, and then when one of my cousins was in a very serious car accident we all realized just how special the bond of family is. We are so close, that when my mother passed away, I wrote in the obituary that she was also survived by "three nieces that she thought of as if they were her own." Now we get together each year at my cousin's house, and even though my brother and I have been promoted from "the kids table"

it's always great to be surrounded by family, friends, and "who knows who else will show up!" ☺ Our family has come to realize that the true gifts of the holidays is being able to spend time with family members and talk about the past. Last year for Christmas, we decided to not even buy gifts, to just let them give their children gifts and we sat back and watch the carnage. Each of my cousins has a child with special needs, and all but one of the 7 are under ten, so to say that the holidays is a joyous time is an understatement! We just sit around and talk about the old days and try not to get run over by the rugrats.

## I am Thankful for— Monia Turley

This was a mere 70 years ago.... It was an era when there was no Air Conditioning in house car, many people didn't have indoor plumbing; there were no cell phones, no Internet, no computers, no TV, no satellites, no microwaves

**And we think we are living in tough times . . . . – THINK AGAIN!**



I am reminded to be grateful for what I do have ...

What are **YOU** thankful for?



## West Virginians among Honorees at White House

On Wednesday evening, President Obama addressed a dinner hosted by the National Women's Law Center, and delivered a powerful speech on the importance of continuing the fight for equality for women and girls. The dinner honored women Freedom Riders, who put their own lives in jeopardy in order to fight for the end of segregation in the South. Among those present and also previously recognized as one of our Civil Rights Day recipients, was West Virginia's own 'Freedom Rider', Joan Browning.

Ms. Browning was accompanied to Washington for that event by long time friends, Cinda Kinsey & Patricia Jarvis who also traveled with her to Chicago for filming of the Oprah Winfrey Freedom Rider show back in May.

The President remarks: *(excerpted)* "I want to recognize tonight's honorees - the women who endured insults and beatings and risked their lives fifty years ago because they believed in a different future for their daughters and their sons. The Freedom Riders had faith that America could still be perfected. And it is only because they did that I am able to stand here as President of the United States." "Being here tonight reminds us that history isn't always made by generals or presidents or politicians. Change doesn't always happen quickly or easily. Instead, change happens when a group of students and activists decide to ride a bus down South knowing full well the danger that lies ahead." "Change depends on persistence. Change requires determination. That's how change happens. And that's how change will continue to happen - especially when it comes to securing equal rights and equal opportunities for women."

(Source: U.S. White House)

*"Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often." @- Johnny Carson*

*"Well I am thankful to be alive. I came close to not being alive when I had a heart attack. I am surprised I live another ten years." Richard Mangus*

## Tribute to Female Veterans!! - November 11, 2011

John Brawley Post 20, The American Legion this year, will host the 2011 Veterans Day Parade on Friday, November, 11.

The 69th Annual Veterans Day Parade will honor women in the military. The parade will have nearly 50 participating units and feature a mini C-130 airplane. The featured speaker

will be Col. Paige P. Hunter, director of military support to civil authorities for the West Virginia National Guard. The parade will start at 10 a.m. The units will stage on Kanawha Boulevard, east of the South Side Bridge and will proceed west on the Boulevard to Quarrier Street, north to Quarrier Street, and then west on Quarrier to Goshorn

Street, to the Boulevard, on to Haddad Riverfront Park, where there will be a short ceremony honoring women in the military.



*There will be a C-130 flyover at 11 a.m. by the 130th Airlift Wing.*

I am thankful for so many things, not just for Thanksgiving day but every day is thanksgiving for me. First, I am thankful to God for His Grace and Mercy on me, for bankrupting heaven for His only begotten son Jesus; his dying on that cross for my sins. I thank Him for my trials and tribulations; seen and not seen. I thank Him for just a portion of health and strength, my happiness and my joy. I am thankful for my wonderful husband who has been by my side

thru everything for the past 14 years, my family and all my friends and the great co-workers that He has blessed me to have in my life. I am thankful for the air I breathe, the food I eat, the home I have and the cars I have driven. The clothes on my back; for my job in this economy and my boss that hired me up to my supervisor, which supervises me. I am thankful for being a blessing to others, for the daily blessings I receive from strangers as we

may travel past one another in our daily walk. I am thankful because these things give me reason to keep fighting the good fight and waving the blood stained banner for my Father in Heaven.

I am thankful to President Obama for showing the world that anything is possible. I am thankful for with FAITH we all have many things to be Thankful for. **Happy Thanksgiving to everyone!** <> Sande' Woods



## 'Looks like Winning' - Chair Darrell Cummings

I am nominating Charlie Sheen as the inspirational speaker of the year. I know you're already asking yourself the question, "Charlie Sheen the actor?" You must be talking about somebody else; not the actor.

I know the case against him is strong, and perhaps undeniable; and I assure you I have no special knowledge about this man. No question he has done and said some things that his parents cannot be proud of him doing. His parents are famous actors, in their own right...

Martin Sheen and mother, Janet Sheen, who interestingly enough were both born in Dayton, Ohio a few hours from here.

Charlie Sheen, though, was born in New York City, NY on September 3, 1965 with his birth name being, **Carlos Irwin Estevez**.

The reason I think he should be nominated though, has nothing to do with his name, birth place or his parents. Neither was it the movies he's done: "Wall Street," "Hot Shots," and many others. So I know you're saying it must be about his television show "Two and Half Men." Truthfully you are right in part, it was the show that helped bring out the point I'm excited about.

I regret the act of violence toward women, his wife, his girlfriends, his affairs. It is wrong, and wrong is never right. His many drug addictions are a part of his character that he says he has stopped, and I can only hope he has done what he said he would do.

The loss of the custody of his children is also bad, unless he is still doing things that he should not do, and if so, then it is good for the children.

It cannot be that he got fired from a show where he was making nearly 2 -million per episode when syndication is factored in.

This made him the highest paid sitcom actor on TV.

It is too hard to get a job, and sometimes harder to keep it, to honor that kind of action. So, alright Cummings, you keep telling us what it is **not** for, please, tell us what **it is for?** It is for only one thing, that I am sure he got right!!

In February 2011, when he was going thru the loss of his job, the loss of his family and some say loss of his sanity; there was one thing that I am convinced, Charlie Sheen got right; and that was... Every time a reporter asked him "How are you doing Charlie?" His answer was always the same... **"Winning!"**

They would say "you can't be winning, you lost this, and you lost that!" Charlie would say, **"I don't care what it looks like to you, I assure you, "I am winning!"** I heard one reporter say, "He's lost touch with all reality!" I must admit, it did look like it!

Talk about being a "rock star from mars!" and drinking "Tiger Blood!"



I am told that the number one Halloween mask this year is a "Charlie Sheen" mask.

If they ask the mask wearer how they are doing? In order to complete the illusion they should say, **"Winning!"**

One reporter told Charlie Sheen, "they say you are Bi-Polar,"

Charlie Sheen, "I don't know about that, I need to see a doctor get medicine if that's true, but I can tell you what I do know, I am **"Bi-Winning!"** The reporter asks, him "What does that mean?" He said, "I am winning over here and winning over there; I win at both extremes."

A few weeks ago, September 2011, it was reported that Charlie Sheen settled his \$100 million dollar lawsuit against Warner Brothers Television to a mutual satisfaction of all parties. It is my understanding that they have agreed to pay him 25 million dollars. I don't know what anybody else calls that, but I call that **"Winning!"**

It was also reported he will get an extra 100 million dollars for the re-runs in syndication. Let me say it again, **"Winning!"**

I am by no means endorsing, violence, drugs, or strange behavior, but I am endorsing **speaking positive of negative situations; even the ones you created.** No matter what is going on in your life, if you are on this side of the earth, you still have hope, **I call that "Winning!"**

In his book The Psychology of Power, Dr. J. A. Hadfield tells of an experiment he conducted to test a man's strength under varying conditions. Using something called a "dynamometer," he first measured the power of the man's normal grip. The instrument recorded 101 pounds. Second, he tested his strength after hypnotizing him and telling him that he was very weak. This reading was only 29 pounds. In the third test, Dr. Hadfield told the hypnotized man that he was very strong. The needle jumped to 142 pounds! It is a well-established fact that our mental attitude does affect our physical and psychological strength. I read that Harvard had a study with pa-

tients that were having a surgery, those who had prayer verses those who felt I will not live through the surgery, I don't need prayer. We can argue the power of prayer at another time, I am sure you know my view. But the attitude you go into the surgery with, the Harvard study said has a lot to do with how you come out. I am not suggesting self-hypnosis, or drinking "Tiger Blood." I am suggesting having a good attitude is more beneficial than having a bad one. There has to be a difference between wishful thinking and glib optimism.

People have been asking me "How are you doing?" For 50 years, I've been saying, **"Alright!"**

It has got me nothing!!! Ask me "How I am doing, now?" . . . And I will tell you, **"Winning!"**

**Darrell Cummings**

**Chair, WVHRC**