

## In The News



This year marks the anniversary of several milestone moments in the civil rights movement. Sunday, a group of civil rights leaders and elected officials, including Vice President Joe Biden, re-enacted the 1965 march across the bridge in Selma, Alabama where police beat and gassed the marchers during a non-violent protest.

Birmingham, Ala. this year is marking a half century since the major civil events of 1963, which included the imprisonment of Martin Luther King Jr., the children's crusade protest, the horrific murder of four young girls and the bombing of the 16th Street Baptist Church.



On "Starting Point" Monday morning, three organizers of this year's commemorative events talked with Soledad O'Brien about the importance of remembering these important moments. Author, entertainer and philanthropist Bill Cosby, Birmingham Mayor William Bell and Miles College President George T. French, Jr. explained why keeping the history alive is so important. They also weighed in on the arguments against the Voting Rights Act before the U.S. Supreme Court.

Dr. French was able to tell the national audience the story of Miles College students and the pivotal role they played as leaders of the civil rights movement in Birmingham. Particularly, how it was Miles students who initiated the "selective buying" boycott that cost Birmingham merchants millions of dollars. It was the success of this boycott that led Rev. Fred Shuttlesworth to persuade Dr. Martin Luther King, Jr and the SCLC to come to Birmingham and alter the course of history.

To see video of the show, go to: [startingpoint.blogs.cnn.com](http://startingpoint.blogs.cnn.com)



We must never forget the selfless sacrifices of the Miles College students who marched in the Civil Rights Movement and contributed to the freedoms and prosperity that we enjoy today. These Miles College Foot Soldiers set aside their own comfort, safety and aspirations to answer the call to arms at a time when our nation was still plagued with the horrors of Jim Crow laws. These individuals helped to halt the tide of racism that threatened Human Civil Rights.

Today African-Americans across the state of Alabama and all over the nation, realize a prosperous, vibrant and more democratic society because of the courage and selfless sacrifice of those countless Foot Soldiers that included Miles College administrators, staff and students. Miles College joins our Community Partners to celebrate and acknowledge the people, the trials and triumphs of those historically challenging times.



Among the Mileans honored at the celebration were Miles College Board Member Mrs. Mattie M. Jackson and the 1st African-American Mayor of Birmingham and Miles College professor Dr. Richard Arrington, Jr.



Antioch Missionary Baptist Church in Fairfield hosted a special celebration honoring local leaders of the Civil Rights Movements. Produced by the NAACP, several Mileans were recognized for their contributions in the fight for equality and justice. President French was the keynote speaker and the Miles College choir and band treated the guests and honorees with stirring musical performances.



Dr. George T. French, Jr. brought an inspired message as the keynote speaker.

The Miles College Choir delivered a powerful musical performance.



## *Miles College Students and Instructor Participate in Freedom School*

Miles College is participating in the City of Birmingham's Freedom School Program. Freedom School is a program created through Mayor William Bell's Office to assist in preparing for the plethora of events planned in commemoration of the 50th anniversary of the Civil

rights Movement. Mr. Stokes is the Miles College Instructor for Freedom School and according to one of the attendees, it is very apparent that his knowledge of Civil Rights history is vast.

"I think the Freedom School is a very rich and reward-



Rights Movement. Student participants will be considered Ambassadors and will have the opportunity to be involved in the commemoration events.

Their activities involve serving as tour guides on trail routes across Birmingham, welcoming guests to the city from across the globe and informing them of the events that occurred during the Civil Rights movement. Student Ambassadors will also serve at events scheduled throughout the year for dignitaries from across the country, serving as hosts to orient them to the past and future. Students are required to attend "Saturday School", where they participate in rigorous training. They will be recognized during this year of events which will attract public attention across the U.S. and beyond.

The program consists of High School and College students from all over the Greater Birmingham community. Miles College Student Ambassadors are involved in this initiative along with one of our instructors from the Division of Social and Behavioral Sciences, Mr. Shaun A. Stokes, who is helping to educate Freedom School at-

ting experience for students to come face-to-face with the struggle of the Civil Rights Movement and not study the events in some isolated and remote area. That's the power of history", said Stokes.



*Mr. Shaun A. Stokes*

Shaun A. Stokes was born in Killeen, Texas but grew up in Franklin, Virginia. He earned a B.S. degree in Interdisciplinary Studies with an emphasis in History from Norfolk State University. After graduating from Norfolk State University, he taught middle and high school students in the public school system. Later he returned to school to pursue graduate studies, enrolling at North Carolina Central University where he earned a Master of Arts degree in American History with a minor in African-American History. He is a member of Phi Alpha Theta Historical Honor's Society and Pi Gamma Mu Social Science Honor's Society and a member

of Alpha Phi Alpha Fraternity, Inc.

Our student's role in the 2013: Civil Rights 50th Year Commemoration as Ambassadors will allow multiple opportunities and great knowledge. □

## Health And Life



### *Why should people be more physically active?*

In 2008, the United States Department of Health and Human Services (HHS) published physical activity guidelines for the first time because being physically active is one of the most important steps that Americans of all ages can take to improve their health. The 2008 Physical Activity Guidelines for Americans provide science based guidance to help Americans aged 6 years and older improve their health through appropriate physical activity. These guidelines are necessary because of the importance of physical activity to the health of Americans, whose current inactivity puts them at unnecessary risk. Unfortunately, the latest data show that inactivity among American adults and youth remains relatively high and little progress has been made in increasing the level of physical activity in the population.

## Keep It Moving

### *What are the Physical Activity Guidelines for adults?*

Adults should do a minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity a week by doing activities like brisk walking, ballroom dancing, or general gardening. Or adults can choose 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity by doing activities like jogging, aerobic dancing, and jumping rope. Adults also may choose combinations of moderate- and vigorous-intensity aerobic activity. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week. For additional and more extensive health benefits, adults should increase their aerobic physical activity to 5 hours (300 minutes) a week of moderate-intensity, 2 hours and 30 minutes a week of vigorous-intensity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.

Additional health benefits are gained by engaging in physical activity beyond this amount. Adults also should do muscle-strengthening activities on 2 or more days a week to achieve the unique benefits of strengthening activities.

### *What are the Physical Activity Guidelines for children and adolescents?*

Children and adolescents aged 6–17 years should accumulate 1 hour or more of physical activity daily. The 1 hour of activity should be mostly aerobic but also should include muscle-strengthening and bone-strengthening activities. Youth should include vigorous-intensity activity in this 1 hour on at least 3 days a week. They also should do muscle-strengthening activities on at least 3 days and bone-strengthening activities on at least 3 days a week. It is important to encourage young people to participate in physical activities that are appropriate for their age, enjoyable, and offer variety. The guidelines list a number of examples of each type of activity for children and adolescents.

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information. □

## The Gift of Servant Leadership

The world is once again focusing its attention on Alabama, specifically Birmingham. Miles College is at the center of the discussions regarding its role during the Civil Rights Movement. As a faculty member, when I talk with my colleagues, I discover that many of them participated in the student-led demonstrations, under the leadership of Student Government President, Mr. Frank Dukes (Miles College, First 100 Years) who created the Selective Buying Campaign that changed the buying power within the city of Birmingham, and became a national model. This is real leadership. But what 'type' of leadership did we experience from the Miles College students and faculty during the Civil Rights Movement? This type of leadership fits into the category of the scholarly research done on "Servant-Leadership" by West, Bocarnea & Maranon, in the book, *The International Journal of Servant Leadership* (p.120).

On the Miles College website there is an endearing photo of students and President French marching to the polls to vote during this last presidential election with arms linked, singing the "fight songs" of the freedom movement of the 1960's. While this was happening, one of my colleagues was driving in to work and noticed



stalled traffic near his turn. He decided to step out of his car to evaluate the situation. Mr. Anthony Bingham (Humanities Division) noticed an elderly woman in her battery-operated wheelchair in the middle of an intersection. She was headed to the polls to vote and while crossing the street her wheelchair battery died. Being the servant-leader that he is, he parked his car, and - while others simply looked on - he pushed the woman in her wheelchair into Pearson Hall. Then, he charged up her chair battery while someone else took her to the polls to vote. She said this was her last opportunity to vote in her lifetime and she was determined to do it by any means necessary. After she voted, someone took the woman home. When the chair was charged up, Mr. Bingham took it to her home, which he says was the 'ride of his life.' That story touched many of our hearts, enforcing the idea of a true leader. The servant-leader demonstrates service, humility, vision; these qualities mediate a strong relationship with job satisfaction (*The Center for Servant Leadership*, 140). Let those who are

greatest among you become your servant... □

*Gwendolyn Dees, Assistant Professor, Division of Humanities*

## MARCH DATES TO REMEMBER



**18-22 • Religious Emphasis Week**

**22 • Founders Day Convocation**

*First Baptist Church of Fairfield @ 11:00 a.m.*

*Faculty and Degreed Staff are required to participate in processional and wear academic regalia.*

*Students are required to attend Founders Day Convocation.*

**22-23 • CME Spring Convocation**

**24 • Palm Sunday**

**24-30 • SPRING BREAK**

**[Residence Halls Close]**

**29 • Good Friday**

**31 • Easter**

**Saturday, March 23**

**Open House for Business Management and Criminal Justice Saturday Programs**

**11:00 a.m.- 1:30 p.m.**

**Registration begins at 10:30 am**

For more information call 205-929-1124 or email [kabernathy@miles.edu](mailto:kabernathy@miles.edu) or [kya.milescollege@gmail.com](mailto:kya.milescollege@gmail.com)

## JENZABAR®

Great things are taking place around Miles College. In February, Information Technology hosted a kick-off celebration to introduce the campus community to the Jenzabar Higher Education Solutions. Jenzabar is a comprehensive education management system that partners with colleges in the United States and across the world in streamlining their operations from admissions to graduation. It is a proven system and one of the fastest-growing SQL solutions in the marketplace today. In addition, it led the industry in higher education installations in 2011 and has a 97% retention rate among their clients.

Jenzabar.com was founded in 1998 as an internet portal and e-learning company that provided an online community for university faculty, students, and administrators. Two years later, Jenzabar, Inc. was launched as an enterprise software provider to better serve the life cycle needs of higher education. We are excited about their partnership with Miles College in replacing our current AS 400 system with innovative solutions and services aimed at improving college-wide systems. Once implemented, all facets of our campus operations will be greatly improved.

*The Miles Wire* is a monthly newsletter for the Miles College faculty and staff distributed by the Office of College Relations. If you would like more information about this publication, contact Alicia Johnson-Williams at 205-929-1641 or email at [ajohnson@miles.edu](mailto:ajohnson@miles.edu).

*Editor:* Alicia Johnson-Williams

*Contributing Writer:* Gwendolyn Dees  
*Graphics & Design:* Bruce Thomas  
*Proofing:* Tania Adams



Find Us On Facebook  
[MilesCollege1898](https://www.facebook.com/MilesCollege1898)



Follow Us On Twitter  
[@MilesCollege](https://twitter.com/MilesCollege)