



# COMMISSION NEWS

## “HAPPY BIRTHDAY WEST VIRGINIA”

The West Virginia Division of Culture and History will celebrate West Virginia's Birthday with activities at the Culture Center in Charleston, Monday, June 20, 2016. Festivities will begin at 10 a.m., with the introduction of a limited edition of commemorative Blenko vases by Commissioner Randall Reid-Smith and Blenko president Walter Blenko. Only 153 hand-blown cobalt blue and gold topaz vases were produced in keeping with the state's 153rd birthday.

First Lady Joanne Jaeger Tomblin commissioned designer Aaron Harvey to create a special edition Blenko azure to crystal fade commemorative pitcher for West Virginia's birthday. One hundred pitchers, complete with the First Lady's signature, were made, and will be available for \$63.00. Also designed by Harvey and hand-blown by artisans at Blenko Glass in Milton, Cabell County, will be sold for \$54. Walter Blenko will sign the vases from 10 a.m. – 12:15

p.m. at no additional charge. A Blenko Glass exhibit featuring the company's glassware from circa 1950 to 2016 will be on display in the Great Hall.

From 10 a.m. – 3 p.m., there will be youth programs in the Education Room and on the Culture Center Plaza. Wes Armstead will speak about the civil rights sit-ins at Scott's Drug Store in the State Museum.

The Sesquicentennial Artists Invitational exhibit, featuring 30 pieces created by artists across the state to celebrate the Mountain State's 150th birthday in 2013, will be showcased in the Commissioner's Gallery.

Jazz musician Steve Himes of Charleston will perform in the Great Hall from 11 a.m. – 1 p.m. At 12:15 p.m., the state's birthday cake will be served.

At 1 p.m., West Virginia native Cat Pleska will read an excerpt from her book *Riding on Comets: A Memoir*. She also will discuss her writing process and how she chooses topics for her books. Pleska is a recipient of the

Governor's Arts Award for her support of the arts. She is also a radio essayist and storyteller. Following her talk, she will sign copies of her book, which will be available for purchase. For more information about West Virginia Day activities at the Culture Center, contact Caryn Gresham, deputy commissioner for the division, at (304) 558-0220.

For more information about the division's programs, events and sites, visit [www.wvculture.org](http://www.wvculture.org).

The Division of Culture and History is an Equal Opportunity/Affirmative Action Employer.

**Media Note: Photographs of prototypes commemorative vase and pitcher are available .**



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### Special points of interest:

- June 20th is West Virginia's 153rd Birthday!!

## ? WHAT'S IN A NAME ?

## "CHEWING GUM"



Have you ever wondered where chewing gum came from and why it is so popular? Well, chewing-gum like substances have been around for a very long time. People have enjoyed chewing gum from very early times. Some of these materials were thickened resin and latex from certain kinds of trees. Others were various sweet grasses, leaves, grains and waxes. Below is a brief history. So, put a stick of chewing gum in your mouth, chew, relax, and enjoy while you read this article about the history of chewing gum.

The ancient Greeks chewed mastic gum. This is the resin obtained from the bark of the mastic tree, a shrub-like tree found on the island of Chios, Greece. Grecian women especially favored chewing mastic gum to clean their teeth and to sweeten their breath.

From the Indians of New England, the American colonists learned to chew the gum-like resin that formed on spruce trees when the bark was cut. Lumps of spruce gum were sold in the eastern United States during the early 1800s,

making it the first commercial chewing gum in this country. In about 1850, sweetened paraffin wax became popular and eventually exceeded spruce gum in popularity.

After the Americans in Texas defeated him, Mexican General Santa Anna was exiled to New York. Like many of his fellow citizens, Santa Anna chewed chicle. One day he introduced it to inventor Thomas Adams, who began experimenting with it as a substitute for rubber. Adams tried to make toys, masks, and rain boots out of chicle, but every experiment failed. Sitting in his workshop one day, tired and discouraged, he popped a piece of surplus stock into his mouth. In 1870, he opened the world's first chewing gum factory making Adams New York No. 1.

After success with pure chicle gum, Adams tried to add flavor to it. He created a licorice-flavored gum called Black Jack. It was the first gum to be sold as a stick not in chunks, and was popular with the public. The gum had one drawback; it could not hold flavor.

The flavor issue was not fixed until 1880. A man named William White experimented with flavors after receiving a shipment of chicle. He solved the problem by adding sugar and corn syrup to the mix. The first flavor he used was peppermint and it stayed in the gum during chewing.

Gum made with chicle and similar latexes soon won favor over spruce gum and paraffin gum. It made possible a smooth, springy, satisfying chew that the others lacked, and it held



flavors longer and better. By the early 1900s, with improved methods of manufacturing, packaging, and marketing, modern chewing gum was well on its way to its current popularity.

- Today, the average American chews 300 sticks of gum a year. Around 700,000 tons of chewing gum is consumed every year.

## INSPIRATIONAL CORNER

You don't have to look far to find ways to be helpful. You just have to be willing, and open to making a difference.

Let go of the assumption that certain tasks are beneath you. Allow yourself to do whatever must be done.

When the choice is between making a small contribution and making no contribution, go ahead, take action.

Make the small contribution. You can't change the whole world in an instant, but don't let that stop you from making what changes you can. There is something you can do, some positive difference you can make, so go ahead with it.

Maybe no one will notice that you've made an improvement in the world, but that's okay.

You'll know, and the improvement will be there, and that's what really matters.

You have time and resources available to you right here in this moment, and you can use them for something worthwhile. It feels great to make life better, so experience that great feeling today

By Ralph Marston  
Have a great day,

# “ALL AROUND OUR TOWN”!



- **A City Becomes a Creative Destination and Home:** FestivALL helps create a lively city environment where entrepreneurs, artists and families want to visit, live, work and play. It’s become a time for homecomings, reunions and inviting friends to visit.
- **A City’s Children Become Achievers:** FestivALL provides educational opportunities for young people such as the Art-for-ALL children’s juried art exhibition, the Neighborhood Arts Program and summer internships as well as informative panels and seminars for adults. The arts are an essential part of Charleston’s identity and FestivALL showcases Charleston as a unique

and desirable place to visit, contributing to the financial growth of artists and area businesses. Festivall is not just an event; **It’s an Experience!!!**



You don’t want to miss **THE MAYOR’S CONCERT**  
**The Temptations and The Four Tops**  
**Thursday, June 23, 2016,**  
**@ 7:00 p.m.**



The Wiz is the soulful African American version of the classic, The Wonderful Wizard of Oz fairy tale with a modern twist that retells the tale.

The Wiz, originated on Broadway in 1975, became a hit movie in 1978 and has enjoyed several reincarnations including a holiday 2015 television LIVE rendition. The music by Charlie Smalls is a lively mixture of rock, gospel and soul.

The score includes *Ease on Down the Road, Home, If You Believe, No Bad News, Mean Ole Lion, No Bad News and Everybody Rejoice.* The Charleston Light Opera Guild will present this mega hit under the direction of Nina Denton Pasinetti with musical direction by Bobby Hodges, Jr., accompaniment by David Patrick and technical direction by Thomas P. Pasinetti. The production features a large cast of area singers, actors and dancers, full orchestra and professional sets and costumes.

**Tickets:** Available ONLINE NOW at [charlestonlightoperaguild.org](http://charlestonlightoperaguild.org). All seats reserved \$25. Civic Center Little Theatre Box office (304-343-2287) opens June 20: Monday-Saturday 11am-2pm and 1 hour before performances.

**Sponsored by Mrs. Alex Schoenbaum,**  
**Location:** Charleston Civic Center Little Theater



## “WELCOME NEW INVESTIGATOR” ~ TYRONE PIERCE

*(In his own words)* Hello everyone, my name is Tyrone Pierce. I am excited to embark on a new chapter in my life as an Investigator II with the Human Rights Commission. I love to piddle with just about anything I also like to do some carpentry work along with mechanic work. I have been president of both little league baseball and football in my community. I like to read anything history related, I have written 10 publications on the of facts of the history sight “The Clio.” I also like to race motor cross when I have the time. I like fast cars and any thing that generates adrenaline, except roller coasters. I am a veteran of the U.S. Air Force where I served in Desert Shield and Desert Storm;

I served in the WV Air National Guard for 13 years . After an honorable discharge from the military I enlisted in the WV State Police from 1992 to 2002.

I started a host of businesses in the Charleston area. I worked as a Clinical Supervisor for Rescare of WV before coming to the Human Rights Commission. I also have a Care Home for Veterans which I run in my spare time. I attended Marshall University and graduated in December 2015. I am pretty out going and consider myself a people person. Please feel free to take a look at the website for “The Clio” to read up on some of my submissions.

## “Father ‘s Day”

## Rev. Dr. Darrell W. Cummings

**T**his year is a unique year for me, not because of my age, but because our daughter, our oldest child, is getting married. Several years ago, she moved to the Cleveland/Akron, Ohio area to find a teaching job. While living in the Cleveland/Akron area, she met a young man who she now will be marrying. Since I am a minister, I asked her if she wanted me to perform the wedding ceremony or walk her down the aisle. She immediately answered, “That’s not a hard question. I already know my answer. I can get any local minister to do the wedding ceremony, but I only have one father. Please walk me down the aisle.” I will be happy and proud to do that for her this month.

“There is a movement among men to be more involved fathers,” according to Dr. Richard Stevenson, Research Associate at the Child Development Research Program, and Director of Fathers’ Groups at the Bank Street School in Greenwich Village in New York City. “When I first began working with fathers, I assumed this movement was an offshoot of women’s liberation and that since women were working more, fathers simply had to be there for their children. When a mother is working the night shift as a nurse, the father has to change the baby’s diapers. But the research in the field shows that there is actually a separate trend among fathers, something drawing men closer to their children.”

In planning fathers’ groups, Stevenson arranges group and individual activities, ranging from wood-working to group mural painting, and then offers separate discussion groups where fathers talk about everything from bringing an active 2-year-old child to a restaurant, to discipline, to bedtime stories. Dr. Stevenson has three (3) children of his own, ages 5, 3, and 6 months, and says the most important factor in fathering is “to spend as much time as possible with your child, and do as much primary caretaking as possible—feeding, washing, dressing.”

Dr. Stevenson says it’s important—and fulfilling—to be an actively involved father from the start. “Every man can get a substantial feeling of achievement and satisfaction from involvement with his children, from struggling with his family and helping to solve their day-to-day problems.”

Admittedly, fathers who do this are breaking new ground.

“Most men haven’t had models for being very involved in their families. That’s why father’s groups can help. I haven’t met a man yet who didn’t want to be a better father than his own father was, even if he felt his father had been good. Men are struggling to be different kinds of fathers today. They are a little afraid that fatherhood will be draining or that they won’t be a success as fathers were. But they find that’s not the case. Most men find fatherhood tremendously invigorating in a way that is different from work and vastly satisfying.” said Stevenson.

**“B**ecoming a father changes a man,” concludes Stevenson. “I know one man who began wearing a seatbelt regularly, because suddenly he was aware that he needed to take care of himself if he was going to see his child grow up. He wanted to model good behavior for his child, and he had a new awareness of time. When a man becomes a father, he realizes much more about what his own father meant to him.”

Dr. Stevenson points out, “Fatherhood can be sustaining, and offers a man a kind of self-esteem he just can’t get in the workplace.”

In the last few weeks, we have seen a number of fathers in action. One was Muhammad Ali who is believed to have had nine (9) children. He died a few weeks ago at the age of 74. What is Muhammad Ali the father of other than his children? In my mind, he is one of the first sports athletes to be involved in more than his sport. He was involved in civil rights for everyone. In my mind, he is the father of a unique special kind of black pride and strengthened self-image. When he first came on the screen as Cassius Clay, people were startled and offended at his showmanship in winning the Olympic Gold Medal defeating Sonny Liston and changing his name to Muhammad Ali. His continued mantra was “I am the greatest”; growing up people hated him for saying it.

**P**eople came to his fights not to watch him win, but to shut up the “Louisville Lips” mouth.

Over time, people have changed and so did Muhammad Ali.

It was amazing to see, at his home going, the number of speakers, including a former President, say perhaps he is “the greatest!”

Our hearts go out to the people of Orlando, FL. and all the mothers and fathers, sisters and brothers, friends and loved ones who lost a loved one during that horrific mass shooting. Then our hearts were further saddened to hear of a father whose 2-year-old son was snatched by an alligator, in a lagoon, outside Disney’s Grand Floridian hotel. Surely, it was the love of a father that made him rush into the water to wrestle with the alligator for his son, but at last report he was unsuccessful in securing his release.

**M**any parents are still wrestling for their children with the alligators of drugs, unemployment, divorce, and other issues that have tried to snatch our children’s destiny away from them. It is the love of a parent that makes them run into alligator infested waters when everyone else is running out. May our fight, with God’s help, be more successful.

**D. W. Cummings**  
**Chair, West Virginia**  
**Human Rights Commission**

Happy  
*Father's*  
 Day

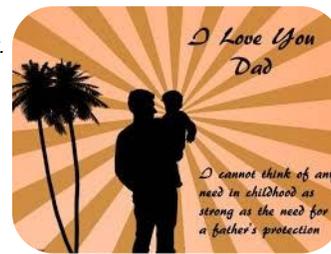
## Motivational Moments— “A Real Man”

by Brian Smith  
(POEM)

It seems that no one understands what's right and what is wrong. They have their own opinions as to where the fault belongs. Their goal in life is finding all the pleasure that they can. But I was raised by one who'd teach his boy to be a man. A man will seldom know the gossip racing through the town. A man won't waste his time with words for tearing others down. A man won't fall to anger, always looking for a fight. But always will he stand against the world for what is right. A man will raise his children strong, as ladies or as men. But when they need his strength, they'll find a shoulder just for them. A man will work for days and nights until his body aches. Providing for the needs at home, and doing what it takes. To meet his family's every need, he gladly does his part. And when he's tired, the thoughts of those at home will fill his heart. A man will never raise a hand to use against his wife. A man would hold the kind of words that pierce her heart for life. A man is held beneath a power greater than his own. And holds himself accountable for things within his home. He sets a firm example of the way a man should live. Then proudly shares the blessings that a Godly life can give. A man will know his friends are those he'd trust with all he has.

The kind of men and women who remain when times are bad. You'll know a man is worth his weight when you travel at his side. And find his friends at every stop, or highway that he'll ride. For everywhere you look you'll see another hand to wave. Each hand belongs to one who shares a story that he'll save. In short, a man is one who claims his life with his mistakes. And works to claim the future for his family that he stakes. He's seen as one who's trusted by his family and his friends. And lives a life convicted through a faith that never bends. Regardless of the thoughts and words you hear from others who speak. A Power greater than us all has shown examples we should seek. He gave a role for man to play and one that women would find, security and loving trust since the very dawn of time. I could have been the kind of man who takes all he can get. And steps upon the hands of all the people that he's met. But surely there was something I have seen that they did not. For there's a reason that I tightly hold what they've forgot. I've seen the kind of man I always wished that I could be. And every day I strive to earn this man's respect for me. He's set the best example that any father can. And I thank my dad, and promise that I'll strive to be a man!

—honoring his Father... rsv.



## SOUP's On!!! Recipes for Healthy Lifestyles!



### Crockpot Moo Shu Chicken

#### Ingredients

12-ounce bag broccoli slaw  
3 carrots, shredded  
1 pound boneless skinless chicken breasts, thinly sliced  
3 ½ tablespoons hoisin sauce  
¼ cup low-sodium, fat-free chicken broth

3 cloves garlic, minced  
1 ½ teaspoons lower-sodium soy sauce  
1 tablespoon cornstarch  
4 low-carb whole wheat tortillas

#### Instructions

Layer the slaw mix and carrots in the bottom of crockpot. Top with the chicken.  
In a small bowl, mix the hoisin sauce, chicken broth, garlic, soy sauce, and cornstarch.

Pour over the chicken mixture and set the crockpot to high for 4-6 hours.

Warm the low-carb tortillas and serve 1 ½ cups of mixture over each tortilla.

**WEST VIRGINIA HUMAN RIGHTS COMMISSION**



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**We are a neutral agency**



**July 2016**

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



**Brain Teasers...**

I am a beverage named after a stick. What am I ?

My flavors range from strawberry to toe.

What am I ?

I am a daily ritual involving using a metal tool on the body. What am I ?

I encourage people to run home and steal.

What am I ?

I can be found in water but am never wet.

What am I?