"I had no idea in 1933 what economics was, but I did well in the subject from the start."

- Sir William Arthur Lewis
Nobel Laureate in Economics

Top 15 Places Blacks Under 30 Should Definitely Visit

Are you a young, single African American under 30 who harbors a real passion for travelling to meaningful locations around the world?

Well, last spring, Blavity.com came up with its "15 Epic Places Every Black American Needs to Visit Before They Turn 30." To be honest, however, the list would prove exciting to anyone, but for African-conscious blacks and Pan-Africanists, in particular, there's that extra "umph."

Before you know it, the travel season will be upon us. Here's a great source of travel locales for consideration and planning. Enjoy!

1. The Pyramids of Giza, Egypt
2. Elmina Castle, Ghana
3. Rio de Janeiro, Brazil
4. The Inca Trail to Machu Picchu, Peru
5. Old San Juan, Puerto Rico
6. International Balloon Festival, Albuquerque, N.M.
7. Blyde River Canyon and the Panorama Route, South Africa
8. Kruger National Park, South Africa
9. Old Havana, Cuba
10. Jerusalem, Israel
11. Carnival at Trinidad & Tobago
12. Cape Peninsula in Cape Town, South Africa
13. Hanuman's Temple in Jaipur, India
14. Montgomery, Alabama
15. The Gateway Arch in St. Louis, Mo.

Perhaps, an interesting companion piece is Tomika Anderson's "5 Places Black People Can Move to When They've Had Enough of America" (TheRoot.com). Anderson's list includes:

1. Thailand
2. New Zealand
3. Costa Rica
4. Hong Kong
5. Dubai

New Class Will Focus on Preserving Valley Marriages

A two-month course has been designed to assist interested Valley couples in preserving their marriages.

The course, "Why Talking Is Not Enough," will be held at Unity Church on the Mountain, located at 1328 Governor's Drive in Huntsville, Ala. The course will run from February 4-March 24 from 6:30-8 p.m.

Course promos appear to target those couples who are "frustrated" and who have "tried everything."

The series of classes has been designed to provide attendees information on how marital change takes place, how to go about motivating partners to pursue change, why talking is not enough, how to grow spiritually through the relationship, and how to attain peace and harmony in one's relationship.

To register, contact Debbie at (256) 337-8200 or Debbie@marriagecoaching.life. For more information, visit www.marriagecoaching.life.

SIMPLY SIMS: Hundreds of friends, Kappa Alpha Psi Fraternity brothers, St. John AME Church members, and student-athletes attended the memorial service at Alabama AA&M University recently for Waylon Sims (inset), who tirelessly served as the coordinator for the Academic Enhancement Center for the Department of Athletics. The Prichard, Ala., native and proud Tuskegeeian died after a brief illness.
Black History Month Primer:  

Mary Elizabeth Vroman

Few African Americans are aware of the literary contributions of Mary Elizabeth Vroman, a woman who achieved much during her brief 43 years of life. Vroman was an author of several books and short stories, including “See How They Run”, a short story published in 1951 that was ultimately made into a movie.

Available records set her birth in Buffalo, N.Y., around 1924. However, records also note that she was actually raised in the British West Indies.

She attended Alabama State Teachers College (now Alabama State University) in Montgomery and graduated in 1949. It should be added that ASU had a commendable reputation at the time for excellence in the training of African-American teachers.

As a schoolteacher in Alabama, Vroman wrote her first short story, “See How They Run”, based on her experiences in the classroom. The story appeared in Ladies’ Home Journal in June 1951. Vroman was given the 1952 Christopher Award for the work, and it was made into a 1953 film entitled “Bright Road.” Her work on the film earned her admittance to the Screen Writers Guild, becoming the organization’s first African American female member.

As an author, her stories and screenplays depict the challenges of poverty and disadvantage. Vroman died in 1967 from complications following surgery.

Among her works are: See How They Run; And Have Not Charity (1951); Bright Road; Esther (1963); Shaped to Its Purpose; Delta Sigma Theta, The First Fifty Years; and Harlem Summer. - Jerome Saintjones
Ah, Dr. Martin Luther King, Jr.!

Last Monday, the Nation paused to celebrate the life and legacy of Dr. Martin Luther King, Jr. This year, I was unable to attend the annual Martin Luther King, Jr. Unity Breakfast planned and executed by Dr. King's own fraternity brothers, Alpha Phi Alpha Fraternity, Inc. It is always a standing-room-only breakfast crowd, supported across the entire spectrum of the community. Before 10 a.m. that morning, I received an e-mail from Elder Butch Damson with the following message embedded:

**The Words of Dr. Martin Luther King, Jr.**

“Life’s most persistent and urgent question is, ‘What are you doing for others?’

“Faith is taking the first step even when you don’t see the whole staircase.”

“I refuse to accept the view that mankind is so tragically bound to the starless midnight of war and racism that the bright daybreak of peace and brotherhood can never become a reality … I believe that unarmed truth and unconditional love will have the final word.”

I was on business travel, landed in Atlanta and opened my e-mail to her message. Typically, we attend the annual Unity Breakfast at the Von Braun Center on the third Monday in January. This e-mail was a reminder that even though I was not there, someone was thinking of me with respect to honoring the life and legacy of Dr. King. The three quotes were some of Dr. King’s more memorable and poignant reminders as to why we celebrate Dr. Martin Luther King’s birthday as a National holiday. Many of us “think” about what we ought to be doing, but few of us actually do, take the first step, and love unconditionally, including ME.

Of the many things that January is, it is National Mentoring Month. One of my former AAMU students, Shamika Williams Minisee, asked me about two weeks ago, “Who are you mentoring, Dr. Huston?” Then, she followed up with the statement: “I want you to mentor me.” I jumped back in my SUV, pulled off, and wondered “Why me?” Bill and I have mentored many (youth, college students and young professionals) over the past 34 years, even before we had children of our own. Many of them have gone far and have done extraordinary things--such as mentoring others.

We believe this is one of the single most important impacts we can make--to help educate and contribute to the success of others as volunteers and contributing citizens in the communities in which we reside. Education made the difference in our career success; therefore, we stay with what we know! Sometimes, people will say, “I am a mentor.” We encourage our readers to determine before month’s end if mentoring is a skill set and passion that they have, understanding that in order to mentor one must have a willing protégé.

Thanks, Butch and Shamika. January has been a good month for me. I keep pursuing that mission of positivity, inspiration and education. You have both served to continue to inspire me.

Stay warm and be blessed. Until next week,
Getting Ready to File Your Tax Return:
Health Coverage Reporting Requirement

It's always a good idea to prepare early to file your federal income tax return. Like last year, certain provisions of the Affordable Care Act affect your federal income tax return when you file this year.

Here are two things you should know about the health care law's coverage and reporting requirements that will help you get ready to file your tax return.

The Affordable Care Act:
• requires that you and each member of your family have qualifying health insurance coverage for each month of the year,
• qualify for an exemption from the coverage requirement,
• or make an individual shared responsibility payment when filing your federal income tax return.

Most taxpayers will simply check a box on their tax return to indicate that each member of their family had qualifying health coverage for the whole year. No further action is required.

You or your tax professional should consider preparing and filing your tax return electronically.

Using tax preparation software is the easiest way to file a complete and accurate tax return.

There are a variety of electronic filing options, including free volunteer assistance, IRS Free File for taxpayers who qualify, commercial software, and professional assistance.

David E. Herron
DEH & Associates Consulting, LLC

PowerShot

“Every morning we are born again. What we do today is what matters most.”
-Buddha

www.jahnitheartist.com
There has been plenty of conversation about the lack of diversity in The Oscars 2016 nominations. Many actresses and entertainers, such as Jada Pinkett-Smith and Spike Lee, have mentioned boycotting the event all together since there is absolutely no representation from the African-American community in this year’s contenders.

I was one to say that the real issue is that there needs to be more African-American representation in movie executive positions and as decision makers in the entertainment industry.

According to the LA Times, “Academy voters are markedly less diverse than the moviegoing public, and even more monolithic than many in the film industry may suspect. Oscar voters are nearly 94% Caucasian and 77% male, The Times found. Blacks are about 2% of the academy, and Latinos are less than 2%.”

The good news is, the Academy has heard our concern and is now making the proper adjustments for the future to see to it that there is diversity in their membership.

In the face of growing criticism of the Oscar nominations’ lack of diversity, the Academy of Motion Picture Arts and Sciences announced Friday (Jan. 22) that it has taken action “to increase diversity within its ranks.”

In a release, the Board of Governors says it has approved ‘substantive changes’ regarding the Academy’s membership, governing bodies and voting members. The goal is to double the number of women and diverse members by the year 2020.” (Zap2it.com)

That was the exact answer and response I was hoping for. Instead of focusing solely on the award show attendance and nominations, we have to demand our presence in top, show business positions such as: movie executives, movie marketers, film distributors, film financier, Academy members, producers, directors, writers, and more.

The numbers don’t lie, and as long as we are struggling to make up 10% of the Academy, we still have some ways to go and work to be done.

Now that we have gotten to the root of the issue, voiced our concern, and sparked social media support, we must continue to do our part in: creating diverse content, supporting minority film projects, and demanding representation in filmmaking and executive positions.

by Amoi Savage
www.amoisage.com

(Photos: en.wikipedia.org)
Hardly an hour of television viewing goes by in which there is not some commercial presenting through innuendo the unmistakable benefits of some tried-and-true male enhancement drug. Sometimes the culprit is a sensuous woman who suggests that only a complete sap would not want to fix things in the performance arena. At other times, humor is sent in to either play upon any feelings of male inadequacy, just hours before bedtime.

But, thanks to the Internet and boundless curiosity, it is very easy to find that, despite the onset of the major male enhancement pills that have flooded the market since 1998, tinkering with Mother Africa (aka “Nature”) could have unintended consequences.

In addition to a sizeable list of side effects associated with the drugs is a parallel list of the unanticipated--the kind of effects that only asking the right questions (and carefully reviewing governmental stats) can reveal.

For instance, recent studies report that, while divorce rates overall seem to be stabilizing or even declining, there is a doubling of the rates among couples over age 50, a key focus of male enhancement drug advertising.--often pushing more than 10,000 prescriptions a day--men not only felt like bulls again, but many of them preferred to be bulls in other pastures.

Some sources suggest that similar situations emerge when increased male libido is countered by a female partner with lackluster interest, or interest, at least, not equally yoked. It appears, these researchers note, that these same men have started seeking ‘balance’ outside of their established relationships.

In other words, somewhere out there are a pool of male senior citizens who have sparked relationships with younger, even if middle-aged, women.

Divorce lawyers have not only reported a rise in male enhancement drug-related divorces, but also have witnessed instances where women have cheated and sought outside relationships with men with “lesser” libidoes.

Another sinister development since the onslaught of male enhancement drugs over a two-decade period has been the increasing incidence of sexually transmitted diseases (STDs) among older men. Years of innocent monogamy have placed some new Supermen (sometimes linked to sexually less-interested wives) on the prowl. Out there in the wilderness, some men frequent prostitutes and, because they have become accustomed to dealing with only one partner, they are not in the habit of protecting themselves.

The take-away is: if men and women actually felt good about themselves, no matter what and no matter at which age, then the manipulative American economy would probably, well, irrevocably droop.
On This Day - January 29
Oprah Winfrey - Noted for her television show, “Oprah,” which became the highest rated talk show in television history. Winfrey is also an Academy Award nominated actress, a magazine publisher and the only Black American female billionaire.
- BlackInTime.info

STAY INFORMED: Huntsville City Council Meetings
City Council regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m. City Council Work Sessions also held in the City Council Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.
For more information, call (256) 427-5011.

“IF you’re not feeling good about you, what you’re wearing outside doesn’t mean a thing.”
- Leontyne Price

Good Samaritan Hospice
- Locally owned and operated -
Call us at 256-772-8108
Remember, It’s your choice, so ask for us by name!
## Vision:
The Diversity Leadership Colloquium (DLC) advances leadership excellence by advocating and progressing the affirmation and inclusion of diversity in strategic markets and communities of interest for competitive intelligence.

## Mission:
DLC’s mission is to become an essential provider of diversity training for aspiring and experienced leaders throughout the lifecycle.

## Values:
Our values are: Collaboration for Excellence; Appreciation with Insight; Respect for Understanding; and Empathy for all... C.A.R.E.

DLC offers aspiring and experienced leaders with opportunities to benefit from qualified and seasoned trainers, scholars, and business professionals who share and discuss research and best practices regarding attainment of excellence through diversity.

DLC is designed for individuals interested in gaining access to networks, mentors, and sponsors that have traditionally not been available to diverse members of the broader community. Enrollees will be exposed to topics such as: Understanding and Embracing Diversity, Organizational Culture and Structural Reform, Racial and Gender Intelligence, Social Justice and Equality, Networking and Mentoring, Politics, Heroes and Holidays, Critical Thinking and Self-Affirmation and Living the CARE Values.

Individuals and companies are making sincere efforts in verbalizing a commitment to diversity excellence. However, we must be trained to build the next generation of leaders who have the skill sets, tools and commitment to execute.

## Training Schedule
DLC will run two, eight-week colloquia in 2016. The sessions will be held on Tuesday evenings from 6 to 9 p.m. Participants cannot miss more than 2 sessions.

- **Location:** 415-A Church Street - Downtown Huntsville
- **Enrollment limited to:** 16
- **Tuition:** $795

### 2016 Schedule
- **Spring**  March 8 - April 26 - Deadline to register (February 25, 2016)
- **Fall**  September 6 - October 25

## To Apply
- Application Form
- 3 References
- Resume
- Photo

Please mail this Application Form, 3 Letters of Reference, and Resume to: 415A Church Street-Ste. 100, Huntsville, AL 35801 - (256) 651-9028; visit us at www.diversityleadershipcolloquium.com; or e-mail info@diversityleadershipcolloquium.com. Tuition and photo will be required only if accepted to participate.