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Welcome to Dominion’s Strong Men & Women: Excellence in Leadership Series Online Teaching Guide. We have teamed up with the educational community for many years to make the Strong Men & Women: Excellence in Leadership Series available to our young people. Through their diverse life accomplishments, the individuals featured in this popular curriculum set demonstrate the triumph of hope and effort over frustration and defeat.

In this Teaching Guide, you will find activities for primary and secondary teaching levels along with lesson plans developed by educators to go along with suggested readings from the Web site (www.dom.com). We hope this guide will help you and your students explore the achievements of the Strong Men & Women who have played such vital roles in our history.
Elementary Lesson: 
Red Tail Night Fighters

Materials Needed: Handout introducing the Tuskegee Airmen.

Objectives: Students will demonstrate listening skills.
Students will construct a dated timeline of the service of the Tuskegee Airmen in the United States of America Air Corps.
Students will explore how the Tuskegee Airmen helped African Americans overcome military obstacles in the United States.

Intro: Students should listen carefully as the teacher reads the biography of Howard L. Baugh on Dominion’s Strong Men & Strong Women: Excellence in Leadership Series found online at www.dom.com keyword “strong” as well as the introduction of the Tuskegee Airmen.

Ask students the following question and provide an opportunity for them to share their responses: Have you ever wanted to do something and then were not allowed to? What was it, and why weren’t you allowed?

Suggested Vocabulary: obstacle, achievement, discrimination, patriotism, bravery, Squadron, Red Tails, night fighters, Jim Crow Laws, segregation, prejudice, World War II

Learning Activities: Review with students significant events related to the Tuskegee Airmen. Record students’ responses on chart paper. Recreate the responses in chronological order to create a timeline. Have students create their own timeline of events for the Tuskegee Airmen.

Discussion: Suggested questions for discussion:
Have students discuss some of the obstacles the Tuskegee Airmen overcame to become pilots during World War II.

Have students discuss the following life lessons and give specific examples of ways the Tuskegee Airmen used them:
- Always keep your cool
- Do your job effectively
- Take advantage of every opportunity
- Always prepare yourself

Closure: To support the contributions of the Tuskegee Airmen and their relevance to the history of our country, have students share their individual timelines.
Elementary Lesson:
In Honor of Strong Men & Women

Materials Needed: DOMINION’S STRONG MEN & WOMEN: EXCELLENCE IN LEADERSHIP SERIES found online at www.dom.com keyword “strong.”
Access to reference books, internet and other informational materials relating to individuals highlighted in the series.
Variety of materials to create monuments.
List of Strong Men & Women.

Objectives: Students will recognize contributions made by men and women highlighted in the Excellence in Leadership series.
Students will defend ideas with factual research.
Students will write a paragraph of contributions of Strong Men & Women to American life and society.
Students will create monuments honoring Strong Men & Women and their contributions.

Intro: Introduce the students to the Excellence in Leadership series.

Vocabulary: excellence, leadership, contribution, monument, honor, recognition

Learning Activities: Review individuals from Excellence in Leadership series and their contributions.
Distribute list of Strong Men & Women.
Students should choose one individual to research.
Tell students they are researching to answer the question: “What contribution did you make to American life and society?”
Students should write a paragraph of factual information about the individual and their contribution to American life and society.
Students should construct a monument in honor of the individual.

Discussion: Suggested questions for discussion:
- What role did education play in the life of Strong Men & Women?
- What challenges did the individuals face?
- What lessons can we take from Strong Men & Women to make ourselves better?

Closure: Display the students writing and monuments. Have students walk through to learn about the contributions of Strong Men & Women.
Elementary Lesson:
Maya Angelou’s “Life Doesn’t Frighten Me”


Objectives: Students will identify the use of rhyme and repetition and their effect on the overall tone and theme of the poem “Life Doesn’t Frighten Me” by Maya Angelou. Students will also identify examples of alliteration in the poem.

Intro: Introduce Maya Angelou, using the attached fact sheet and the biographical sketch in Strong Men & Women: Excellence in Leadership Series found online at www.dom.com keyword “strong.”

Suggested Vocabulary: dedicatory poem, inaugural ceremony, phenomenal, segregated, traumatic, repetition, refrain, alliteration, tone

Learning Activities: Lead students in a discussion about Maya Angelou, focusing on her many talents. Share the title of the poem with the students, and generate a list of those things that have instilled fear in them. Beside each fear, have students tell why the fear may have lessened or disappeared. Read Angelou’s poem “Life Doesn’t Frighten Me” to the students. Using chart paper, divide students into groups to write down examples of rhyming words and alliteration. Groups will share their findings.

Discussion: Suggested questions for discussion:
- What is the tone of the poem? What lines/words suggest the tone?
- What is the theme of the poem?
- How do you know that the speaker is not afraid in the poem?
- How does the speaker handle his/her fears?

Closure: As a group activity, create visual frames of the images depicted in the poem.

Other Poems by Angelou: “Still I Rise”
“On the Pulse of Morning”
“Phenomenal Woman”
Elementary Lesson:
Strong Men & Women Compare and Contrast

Materials Needed:
- Strong Men & Women Venn Diagram.
- Web access to Strong Men & Women: Excellence in Leadership Series found online at www.dom.com keyword “strong.”

Objectives:
- Students will become familiar with the names of individuals recognized in the Excellence in Leadership series.
- Students will make a venn diagram to compare and contrast the characteristics, background, education and accomplishments of two individuals recognized.
- Students will identify similarities and differences between the two individuals.
- Students will develop an understanding of characteristics of a leader.

Intro:
- Introduce students to individuals recognized on the Web site in the Excellence in Leadership series.
- Tell the students that all of these individuals have displayed excellence in leadership and they are going to identify how the individuals are alike and different.

Suggested Vocabulary:
- accomplishment, character, characteristic, excellence, leadership

Learning Activities:
- Have students choose two of the individuals from the Excellence in Leadership series.
- Students should read and identify the following for each individual:
  - Birth-place
  - Education
  - Type of career
  - Personal beliefs/quotes
  - Accomplishments
- Students should write the similarities and differences of the individuals on the Venn Diagram.

Closure:
- To support the understanding of a leader, have students complete the following writing activity.
  If I could be a Strong Man or Woman I would be…. because…
Venn Diagram

- Different
- Same
- Different
### Notable Firsts of Strong Men & Women

<table>
<thead>
<tr>
<th>Name</th>
<th>Notable Achievement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clara L. Adams-Ender</td>
<td>First African American Nurse Corps Officer to graduate from the U. S. Army War College</td>
</tr>
<tr>
<td>Diana E. Bajoie</td>
<td>First African American woman elected to the Louisiana Senate</td>
</tr>
<tr>
<td>Sister Cora Marie Billings</td>
<td>First African-American Nun Pastoral Coordinator in U.S.</td>
</tr>
<tr>
<td>Patricia Ann Blackmon</td>
<td>First African American woman to sit on the Court of Appeals in the state of Ohio</td>
</tr>
<tr>
<td>Daniel T. Blue, Jr.</td>
<td>First African American Speaker of the North Carolina House of Representatives</td>
</tr>
<tr>
<td>Guion S. Bluford, Jr., Ph.D.</td>
<td>First African American to fly in space</td>
</tr>
<tr>
<td>Carl. M. Brashear</td>
<td>First African American master diver in the Navy</td>
</tr>
<tr>
<td>Pamela E Bridgewater</td>
<td>First African American woman to be appointed Consul General in Durban, South Africa – Native of Fredericksburg, Virginia</td>
</tr>
<tr>
<td>L. D. Britt, M.D.</td>
<td>First African American in the Commonwealth of Virginia to be appointed Professor of Surgery</td>
</tr>
<tr>
<td>Sherian Grace Cadoria</td>
<td>First woman to command a battalion and a criminal investigation brigade</td>
</tr>
<tr>
<td></td>
<td>First African American woman to be appointed Director for the Joint Chiefs of Staff</td>
</tr>
<tr>
<td>Ralph Campbell, Jr.</td>
<td>First African American to win a statewide elected executive office and to sit on the Council of State of North Carolina- Native of Raleigh, North Carolina</td>
</tr>
<tr>
<td>Billy K. Cannaday, Jr., Ed.D</td>
<td>First African American to serve as Superintendent of Chesterfield County Public Schools; first African American to serve as Virginia’s Superintendent of Public Instruction</td>
</tr>
<tr>
<td>Name</td>
<td>Accomplishment</td>
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<tr>
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<tr>
<td>Mary T. Christian</td>
<td>First African American to represent the City of Hampton in the Virginia House of Delegates – Native of Hampton, Virginia</td>
</tr>
<tr>
<td>Eva M. Clayton</td>
<td>First woman in North Carolina to be elected to Congress</td>
</tr>
<tr>
<td>Johnetta B. Cole, Ph.D.</td>
<td>First African American woman to be appointed President of Spelman College in Atlanta, Georgia</td>
</tr>
<tr>
<td>Katie G. Dorsett</td>
<td>First African American woman to be elected to Greensboro City Council in Greensboro, North Carolina First African American woman to be appointed Secretary of the Department of Administration in North Carolina</td>
</tr>
<tr>
<td>Allyson K. Duncan</td>
<td>First African American woman appointed a justice for the North Carolina State Court of Appeals</td>
</tr>
<tr>
<td>Helen S. Faison, Ph.D.</td>
<td>First African American high school principal in Pittsburgh, Pennsylvania</td>
</tr>
<tr>
<td>Evelyn J. Fields</td>
<td>First African American and first woman to become the Director of the National Oceanic and Atmospheric Administration</td>
</tr>
<tr>
<td>Milton F. Fitch, Jr.</td>
<td>First African American in the state of North Carolina to preside over the House of Representatives First African American to be elected House Minority Leader</td>
</tr>
<tr>
<td>Thomas A. Fleming</td>
<td>First Michigan teacher selected National Teacher of the Year by the Council of Chief State School Officers in partnership with Encyclopedia Britannica</td>
</tr>
<tr>
<td>Edward B. Fort, Ed.D.</td>
<td>First African American to serve on the National Aeronautical and Space Administration (NASA) Advisory Council</td>
</tr>
<tr>
<td>Henry E. Frye</td>
<td>First African American to serve on the North Carolina Supreme Court</td>
</tr>
<tr>
<td>Clarence Gaines</td>
<td>First African American voted the NCAA Division II “Coach of the Year”</td>
</tr>
<tr>
<td>Israel L. Gaither</td>
<td>First African American to lead The Salvation Army’s U.S. operations as the national commander</td>
</tr>
<tr>
<td>Name</td>
<td>Accomplishment</td>
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<tr>
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<tr>
<td>Samuel L. Gravely, Jr.</td>
<td>First African American to command a U.S. Navy warship</td>
</tr>
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<td></td>
<td>First African American admiral</td>
</tr>
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<td></td>
<td>First African American to command a U.S. Fleet</td>
</tr>
<tr>
<td></td>
<td>Native of Richmond, Virginia</td>
</tr>
<tr>
<td>Robert L. Gregory</td>
<td>First African American appointed to the United States Court of Appeals for the Fourth Circuit Court</td>
</tr>
<tr>
<td></td>
<td>The Fourth Circuit Court includes the states of Maryland, North Carolina, South Carolina, Virginia and West Virginia</td>
</tr>
<tr>
<td>Jean L. Harris</td>
<td>First African American admitted to the Medical College of Virginia</td>
</tr>
<tr>
<td>Ruth Coles Harris, Ed.D.</td>
<td>First African American woman to earn a state license as a certified public accountant in the state of Virginia</td>
</tr>
<tr>
<td>Oliver W. Hill</td>
<td>First African American elected to the Richmond City Council in Richmond, Virginia since Reconstruction</td>
</tr>
<tr>
<td>James W. Holley III</td>
<td>First African American elected as Mayor to the Portsmouth City Council of Portsmouth, Virginia</td>
</tr>
<tr>
<td>Bert W. Holmes, M.D.</td>
<td>First African American brigadier general in the Virginia National Guard</td>
</tr>
<tr>
<td>Rear Admiral Michelle J. Howard</td>
<td>First African-American Woman to Command a Naval Ship in the U.S. Navy.</td>
</tr>
<tr>
<td>Cathy I. Hughes</td>
<td>First African American woman owning a company on the stock exchange</td>
</tr>
<tr>
<td>K. Leroy Irvis</td>
<td>First African American Speaker of the House in any state.</td>
</tr>
<tr>
<td></td>
<td>Retired Speaker of the Pennsylvania House of Representatives</td>
</tr>
<tr>
<td>Isaiah Jackson</td>
<td>First American to serve as principal conductor of the Royal Ballet at England’s Convent Gardens</td>
</tr>
<tr>
<td>Allix B. James, Th.D.</td>
<td>First African American to serve on a major company board</td>
</tr>
<tr>
<td>Mae C. Jemison, M.D.</td>
<td>First African American woman in space</td>
</tr>
<tr>
<td>Sheila C. Johnson</td>
<td>First African American woman billionaire</td>
</tr>
<tr>
<td>Name</td>
<td>Accomplishments</td>
</tr>
<tr>
<td>-----------------------------</td>
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</tr>
<tr>
<td>Elaine R. Jones</td>
<td>First African American woman to enroll and graduate from the University of Virginia School of Law</td>
</tr>
<tr>
<td>Jerrauld C. Jones</td>
<td>First African American to serve as a law clerk for the Supreme Court of Virginia</td>
</tr>
<tr>
<td>Stephanie Tubbs Jones</td>
<td>First African American woman to serve on the Committee on Ways and Means of the U. S. House of Representatives</td>
</tr>
<tr>
<td>Anne Brown Kennedy</td>
<td>First woman to be elected president of the Forsyth County Bar Association, First African American attorney inducted into the North Carolina Barr Association’s General Practice Section Hall of Fame</td>
</tr>
<tr>
<td>Charles F. Lovell, Jr., M.D. FACP</td>
<td>First African American to serve as president of the Commonwealth of Virginia Board of Medicine</td>
</tr>
<tr>
<td>Robert P. Madison</td>
<td>First African American owner of an architectural firm in Ohio</td>
</tr>
<tr>
<td>Henry L. Marsh, III</td>
<td>First African American to hold the position of mayor in Richmond, Virginia</td>
</tr>
<tr>
<td>Charlene Marshall</td>
<td>First African-American woman to be elected mayor in WV.</td>
</tr>
<tr>
<td>Marie V. McDemmond, Ed.D.</td>
<td>First woman president of Norfolk State University in Norfolk, Virginia</td>
</tr>
<tr>
<td>Yvonne Bond Miller, Ph.D.</td>
<td>First African American woman elected to the Virginia House of Delegates, First African American woman elected to the Virginia state senate</td>
</tr>
<tr>
<td>Eddie N. Moore, Jr.</td>
<td>First African-American Treasurer of Virginia</td>
</tr>
<tr>
<td>Ozzie Newsome</td>
<td>First African American to be named general manager in the National Football League (NFL)</td>
</tr>
<tr>
<td>Barack H. Obama, Jr.</td>
<td>First African-American President of the United States</td>
</tr>
<tr>
<td>Michelle R. Obama</td>
<td>First African-American First Lady of the United States</td>
</tr>
<tr>
<td>Name</td>
<td>Accomplishments</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>---------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Edward J. Perkins, Ph.D.</td>
<td>First African American ambassador to South Africa</td>
</tr>
<tr>
<td></td>
<td>First African American to be appointed director general of the Foreign Service</td>
</tr>
<tr>
<td>Vel R. Phillips</td>
<td>First woman and first African-American Wisconsin Secretary of State</td>
</tr>
<tr>
<td>Vivian W. Pinn, M.D.</td>
<td>First African-American woman to chair an academic pathology department in the United States</td>
</tr>
<tr>
<td>Shirley R. Pippens, Ed.D.</td>
<td>First African American and woman to serve as president of Thomas Nelson Community College in the Virginia Peninsula area</td>
</tr>
<tr>
<td>William F. Reid, M.D.</td>
<td>First African American elected to Virginia’s General Assembly since Reconstruction</td>
</tr>
<tr>
<td>Dianne Reynolds-Cane, M.D.</td>
<td>First African-American female President of the Virginia Board of Medicine</td>
</tr>
<tr>
<td>William P. Robinson, Sr., Ph.D.</td>
<td>First African American elected to the Virginia House of Delegates representing Norfolk, Virginia since Reconstruction</td>
</tr>
<tr>
<td>Louis Stokes</td>
<td>First African American member of Congress from the state of Ohio</td>
</tr>
<tr>
<td>Porcher L. Taylor, Jr. Ph.D.</td>
<td>First African American promoted to full colonel at Fort Jackson, South Carolina</td>
</tr>
<tr>
<td>John Charles Thomas</td>
<td>First African American and the youngest individual ever appointed to the Supreme Court of Virginia</td>
</tr>
<tr>
<td>Jerry Sue Thornton, Ph.D.</td>
<td>First woman president of Cuyahoga Community College in Ohio</td>
</tr>
<tr>
<td>Esther H. Vassar</td>
<td>First African-American woman appointed chair of the Virginia ABC Board and the first woman to serve consecutive terms on the board</td>
</tr>
<tr>
<td>Melissa Ward</td>
<td>First African American woman instructor pilot in the Air Force</td>
</tr>
<tr>
<td>Belle S. Wheelan, Ed.D.</td>
<td>First African American woman to serve as Secretary of Education in the Commonwealth of Virginia</td>
</tr>
<tr>
<td>L. Douglas Wilder</td>
<td>First African American elected governor of a state (Virginia)</td>
</tr>
<tr>
<td>------------------</td>
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</tr>
<tr>
<td>Dwight L. Williams, Ph.D., P.E.</td>
<td>First African American to be named National Young Engineer of the Year by the National Society of Engineers</td>
</tr>
</tbody>
</table>
Secondary Lesson:  
Tuskegee Airmen “Red Tail Night Fighters”

Objectives:  
Students will demonstrate active listening skills.  
Students will explore the contributions of the Tuskegee Airmen and their relevance to the history of our country.  
Students will improve their research skills.

Intro:  
Ask students the following question and provide an opportunity for them to share their responses:  Have you ever wanted to do something and were not allowed to?  What was it and why weren’t you allowed?  Discuss your feelings.

Suggested Vocabulary:  
squadron, Red Tails, night fighters, Jim Crow Laws, segregation, prejudice, racism, World War II

Learning Activities:  
Read the biography of Howard L. Baugh, from Dominion’s Strong Men & Women: Excellence in Leadership Series found online at www.dom.com keyword “strong.”  
As the teacher reads, students should take out a sheet of paper and jot down details about Mr. Baugh’s life.  
After listening to the biography, students should number their details. Several students should be called on to share what they deemed significant. The student with the most accurate details should receive points on their next quiz as a reward for demonstrating strong listening skills.

Discussion:  
Suggested questions for discussion:  
− Although many felt that African Americans were inferior and lacked the skills to fly in combat, Eleanor Roosevelt visited Tuskegee Institute and asked one of the African American airmen to take her flying. Explain her actions considering the segregated conditions at the time. What do you think her actions suggest?

− The Tuskegee Airmen overcame many obstacles, as leaders for civil rights, what importance did their successes have on social and cultural influences in the United States?

− What priorities did these leaders have decades ago that could serve students of today?

Closure:  
Using various search engines, research the contributions of the Tuskegee Airmen and their relevance to the history of our country. Students should write a report on their findings or construct a timeline. They will then present their findings to the class. See attached suggested timeline.
Secondary Lesson: 
Maya Angelou’s “A Phenomenal Woman”

Materials Needed: Chapters 1 & 2 from Maya Angelou’s autobiography “I Know Why the Caged Bird Sings”.

Objectives: Students will become familiar with the life experiences of people living during the Great Depression in the South. Students will demonstrate an understanding of setting in a literary work.

Intro: Introduce the author Maya Angelou, sharing the fact sheet and her bio found in the Strong Men & Strong Women: Excellence in Leadership Series online at www.dom.com keyword “strong.” Share also that her first novel “I Know Why the Caged Bird Sings” focuses on a southern black girl coming of age in the South during the Great Depression.

Suggested Vocabulary: Brazos, covenant, crown, juice harps, Texarkana, troubadours.

Learning Activities: Students should share their prior knowledge of life during the Great Depression by listing their comments on a KWL chart. Students should read Chapters 1 and 2 from “I Know Why the Caged Bird Sings.” As they read, students should jot down lines or passages that depict the setting and reveal descriptions of life in a rural segregated community. How would they describe the setting? Why?

Discussion: Suggested questions for discussion:
1. What do the descriptions of the setting suggest about life in the South during the Depression?
2. Although Maya Angelou discusses many disturbing aspects of her life in the South, what are the positive threads running through these two chapters?
3. What specific words/details helped the reader to understand Stamps as a community?

Closure: Revisit the KWL chart; discuss and list facts that describe life during the Depression. Suggested writing activities:
− One of the themes in Angelou’s works is that we are human beings—more alike than we are unlike. “It is differences that strengthen and enrich us—while making us more interesting.” Explain.
− Use specific details to describe one of your favorite places just as Maya Angelou describes “Stamps” or “the store.”
Secondary Lesson:
Maya Angelou’s “A Phenomenal Woman”

Extended Reading:

Benjamin Carson, M.D.
Activities/Discussion

1. Carson believes you can turn your dreams into reality. What are your dreams? What are you doing to ensure your dreams will come true?

2. Carson successfully separated the Binder twins who were joined at the back of the head. Research the Binder twins. Where are they now?

3. Using the internet, trace Carson’s career path to become a neurosurgeon. What does it take to become a neurosurgeon?

4. Read Ben Carson’s autobiography “Gifted Hands”. Use the following questions after reading. Students can work in groups for this activity. A quiz on the autobiography is attached.
   - Ben Carson took pride in his listening skills. Why is being a good listener important?
   - Much of “Gifted Hands” focuses on Ben’s work ethic. He shares, “The length of time on the job doesn’t matter, for it’s true even with a summer job. If you work hard and do your best, you’ll be recognized and move onward.” Do you agree or disagree?
   - Ben felt that we create our own destiny by the way we do things. We have to take advantage of opportunities and be responsible for our choices. Why is this important?
   - When Curtis was in junior high school, his school counselor placed him a vocational program of studies. Mrs. Carson asserted herself by going to the school insisting that he be placed in a college prep courses. What was the counselor implying by her actions?
In his autobiography, *Gifted Hands*, Dr. Benjamin Carson tells us that his road to success included obstacles and detours. ________ wife, Sonja Carson, teachers, mentors, and religious beliefs provided___________ maps, but being young and stubborn, _________ did not always heed the signs. As a teenager, Carson developed___________ habits and a terrible temper that could have landed him in _______________. After several ____________ calls, he was able to transform his anger __________ creative energy.

In 1968, after graduating from his Detroit high school, he ________________ Yale University on an academic _________________ . Four years later, he returned to Michigan and attended the University of Michigan’s Medical School. It was there that his God-given skill of hand and eye coordination ____________ him to neurosurgery and the development of an innovative surgical technique.

When ________________ graduated from medical school, he secured a highly prized internship and residency in the neurosurgical department at Johns Hopkins University Hospital in _________________. In 1984, he was ________________ chief of pediatric neurosurgery.

Soon he _____________ world famous by performing brain surgery and saving the _________________ of children who had little ____________ of survival. In 1987, Carson headed a surgical team of 70 professionals who planned and successfully ________________ the
Benjamin Carson, M.D. - Cloze Passage

Binder Siamese twins who had been joined at the back of the head. This complex and delicate operation took twenty two hours.

In addition to his skill as a neurosurgeon, Carson is an outstanding motivational speaker. He and his wife Candy have designed “Think Big,” a program that shows people of all ages how to turn their dreams into reality.
Ralph A. Hunt

Growing up in Oxford North Carolina the eight children of Johnnie and Amanda Hunt enjoyed the benefits of love close family ties and adequate housing, food, and clothing. Mr. and Mrs. Hunts lack of education did not hinder there quest to lead their children down a path to a better life. While traveling this path they taught them important values and lessons about life, work, and education. These values has consistently guided their seventh child, Ralph A. Hunt, Sr., who has become one of the most dedicated effective and powerful government leaders in North Carolina’s history.

In 1950, Mr. Hunt enrolled in Johnson C. Smith University in charlotte, north Carolina, on a work aid scholarship. He interrupted his education in 1953 when he left to serve his country during the korean war. He returned to the University in 1955 and graduated a year later with a bachelor's degree in Mathematics. In 1964, he earned a master’s degree from North Carolina Central University.
Mae C. Jemison, M.D.

In the 1960’s, when the Gemini and Apollo space flights occurred, a small girl in Chicago watched in awe, saying softly to herself “I want to do that.

This thoughtful child did not stop to reflect upon being a female and an African American or about the odds against her becoming an astronaut. Mae Jemison steadfastly believed this was her destiny.

She realized education was her pathway to the stars and with her parent’s support, she could accomplish her mission. She prepared herself by reading books on astronomy and other sciences and she devoured science fiction as well. Her feet were planted firmly on the ground but she was reaching for the stars.

In 1987, the National Aeronautics and Space Administration (NASA) selected Jemison for the Astronaut Corps. On September 12, 1992 she blasted into orbit aboard the space shuttle Endeavor. As chief researcher on that seven-day mission, her main task was to study bone tissue during the period of weightlessness.
Annie Brown Kennedy

Annie Brown Kennedy born and raised in Atlanta, Georgia has shared her passion for law and justice with Georgia citizens, those in North Carolina and her family. Her quest to uphold the laws of the land began more than 50 years ago.

Kennedy earned an undergraduate degree from Spelman College and a law degree from Howard University. She was licensed to practice law in Georgia in 1952 and moved to North Carolina in 1953 with her husband and children. She passed the North Carolina bar in 1954 and immediately began practicing law. At the time that she began practicing law she was the second African-American female to practice law in North Carolina. In 1955, her husband joined Kennedy in the practice of law forming one of the first husband and wife law partnerships in North Carolina.

Kennedy whose special interests include the rights of women, African Americans and children counsels young people to “set goals and high standards for yourself and work hard to achieve them. Be kind and considerate of other people and always have a positive attitude.”
According to Ruth Coles Harris “If life gives you a lemon, use it to make lemonade.” She should know. Despite several racial barriers, the retired Virginia Union University (VUU) professor became, in 1962, the first black woman in Virginia to earn a state license as a certified public accountant. At the time, there were fewer then 100 black CPAs in the country.

Until her retirement in May 1997 Dr. Harris had worked at the university for 48 years, more than half her life. Under her leadership, VUU’s business program grew from a small department with two majors and enrollment of 114 students to a school with four majors an associate major and enrollment of more than 400 students.
Editing Exercises

Read the following excerpts of passages taken from Dominion’s Strong Men & Women: Excellence in Leadership Series online at www.dom.com keyword “strong.” Edit the passages for common errors regarding grammar, usage and mechanics. To read the passage in its entirety, visit the Strong Men & Women section of Dominion’s Web site.

Paul B. Higginbotham

When he was a teenager Paul B. Higginbotham and his twin brother made a solemn vow to each other that they would spend the rest of their lives improving the life of others and bringing equality and justice to our world. More than 30 years after his vow Paul Higginbotham are the first African American to serve as a judge on the Wisconsin Court of Appeals.

Higginbotham’s journey for justice began during his childhood. His father was a civil rights leader in Columbus Ohio and marched with Martin Luther King, Jr., in Montgomery, Alabama, and at the March on Washington in 1963.
Corrections to the Editing Exercises

Ralph A. Hunt
1. Oxford, North Carolina,
2. love, close family ties,
3. their
4. path,
5. have
6. dedicated, effective,
7. Charlotte
8. Korean War
9. mathematics

Paul B. Higginbotham, J.D.
1. teenager,
2. their
3. lives
4. vow,
5. is
6. Wisconsin
7. Columbus, Ohio,

Mae C. Jemison, M.D.
1. occurred
2. herself, … that.”
3. stars,
4. sciences,
5. ground,
6. 1992,
7. Endeavor
8. mission

Annie Brown Kennedy
1. born,
2. Georgia,
3. Atlanta,
4. College
5. law
6. Carolina
7. Kennedy,
8. women,
9. positive

Ruth Coles Harris, Ed.D.
1. Ruth Coles Harris,
2. accountant
3. 1997,
4. VUU’s
5. majors, an associate major,
“Gifted Hands” Quiz
by Dan Brown

Part I: True or False
For each question below, mark T if the entire statement is true or F if any part of the statement is false.

_____ 1. Ben Carson was born into the affluent community of Beverly Hills.

_____ 2. Because Ben did not have a father growing up, he felt the stigma of being poor even more.

_____ 3. Ben Carson drew acclaim by successfully transplanting a baboon’s heart into a 6 year old child.

_____ 4. Ben Carson often laments the fact that he grew up an only child.

_____ 5. Ben Carson’s story can be an inspirational one for anyone who wants to make something of their life from virtually nothing.

Part II: Multiple Choice
For each question below, choose the best answer.

_____ 6. What type of book is “Gifted Hands” considered?
   a. A thriller
   b. A biography
   c. An autobiography
   d. An historical drama

_____ 7. When Ben finally gains the acceptance of his high school peers, he is ultimately not happy. Why?
   a. Because Ben likes being a loner
   b. Because Ben had to compromise his values
   c. Because Ben knew there was a better life waiting for him in the not too distant future
   d. Because his friends were boring

_____ 8. As a teenager, what was Ben’s biggest character flaw?
   a. His temper
   b. His lack of money
   c. His inability to make friends
   d. His stutter

_____ 9. As a teenager, what program does Ben credit with helping to put him “on the right track”?
   a. Chorus
   b. Drama
   c. ROTC
   d. Scared Straight
“Gifted Hands” Quiz
by Dan Brown

Part II: Multiple Choice continued

_____ 10. What experience does Ben have that makes him think he is destined for something great?
   a. He sees a fortune teller
   b. He has a near death experience while driving
   c. He watches his friend, Candy, die in his arms
   d. His biological father is appointed President of the University of Michigan

_____ 11. Where does Ben feel like he really comes “into his own” as a person and a doctor?
   a. While getting his degree at the University of Michigan
   b. While interning at Johns Hopkins University
   c. When he became the Chief Surgeon at Brown University
   d. During the year he spent in Australia

_____ 12. Why is “Maranda” so important that Ben devotes an entire chapter to her?
   a. He is married to her
   b. She is his daughter
   c. He performed an important operation on her
   d. She was his real mother

_____ 13. Ben has no way to explain why 21 of the 22 hemispherectomy patients he has had have been what?
   a. Poor
   b. African American
   c. Allergic to penicillin
   d. Women

_____ 14. Ben credits a lot of his success to what?
   a. God
   b. Candy
   c. Maranda
   d. Talent

_____ 15. Ben mentions that he doesn’t like to listen to critics – this is largely based on what type of criticism?
   a. People who say Ben’s operations are unethical
   b. People who think that Ben’s operations won’t make things better
   c. People who think Ben’s operations are done to make him famous
   d. People who think Ben doesn’t dress nicely enough to represent the hospital

_____ 16. What prevented Ben from traveling to West Germany to inspect the Siamese twins personally?
   a. His schedule wouldn’t allow it
   b. His house burned down
   c. Thieves stole his passport
   d. Protestors blocked him at the airport
“Gifted Hands” Quiz
by Dan Brown

Part II: Multiple Choice continued

_____ 17. How long did the separation surgery take?
   a. 2 hours
   b. 4 hours
   c. 22 hours
   d. 44 hours

_____ 18. What was one of the complications that occurred during surgery?
   a. They ran out of blood
   b. One of the kids momentarily died
   c. The parents were late
   d. There wasn’t enough skull to cover both heads

_____ 19. Which piece of advice does Ben NOT give to readers at the end of the book?
   a. Stay in school
   b. Realize that fulfilling a dream requires hard work
   c. Think big
   d. Know your God-given talents

Part III: Discussion
Please answer the question below in at least 4-5 well-written sentences.

Ben Carson has said that part of his story’s appeal lies in the fact that he has defied the odds. Describe three elements of Ben’s story that shows how he did just that.
“Gifted Hands” Quiz
by Dan Brown

Answers:

1)  F
2)  T
3)  F
4)  F
5)  T
6)  C
7)  B
8)  A
9)  C
10) B
11) B
12) C
13) D
14) A
15) B
16) C
17) C
18) D
19) A
Exploring Careers Group Activity

In groups of three, read over the different careers represented by Dominion’s Strong Men & Women: Excellence in Leadership Series. Using the 16 Career Cluster found on the following Web site: http://www.careerclusters.org/16clusters.cfm

1. Choose at least 3 clusters (preferably representing careers of interest to each one in the group).

2. Scan those featured in the Excellence in Leadership series, listing the individuals that fall under the selected clusters. On a sheet of paper trace the career paths of the individuals.

3. Use the internet and list at least five occupations under the selected clusters.
Civil Rights Activity

Read the biographical sketches of the individuals listed below. Reflect on the Civil Rights era. Using dates only, create a PowerPoint of the struggle. Your visual should reflect the conflict of the time period. You can only use dates with your visuals. No words! Remember the saying: Actions speak louder than words.

- James Farmer
- Oliver Hill
- Curtis W. Harris
- Dorothy Height
- Elaine Jones
- Coretta Scott King
- Thurgood Marshall
- Rosa Parks
Who Am I?

1. Name the first African American female Poet Laureate in the US
2. First African American female appointed as justice for the NC State Court of Appeals
3. The first African American woman in NC history elected to Congress
4. First African American female captain for a commercial airline
5. First African American woman to sit on the Court of Appeals in the state of Ohio
6. First African American female from Ohio elected to the US House of Representatives
7. First African American named general manager in the National Football League
8. First African American woman to enroll and graduate from UVA’s School of Law
Complete the K-W-L chart.

<table>
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<td>(complete before)</td>
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<td>(complete during and after)</td>
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<td>What do you already know?</td>
<td>What do you want to learn?</td>
<td>What did you learn?</td>
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Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Across

4 Oliver Hill was born in

6 Known as a protector of little people (2 words)

7 James Farmer is known as a long time civil rights and social reform

10 Rev. Curtis Harris is past

12 In 1948, Oliver Hill received national attention when he was elected to the Richmond City

15 Thurgood Marshall

16 Rosa Parks refused to give up her seat on a bus in 1955 in

17 Congress of Racial Equality

18 Rosa Park's journey to justice began on a ___________ in 1955

Down

1 In 1960 Curtis Harris was arrested and sentenced to 60 days in jail for sitting in a segregated ___________ in Hopewell, Virginia

2 Brown v. the Board of Education of Topeka, Kansas was Thurgood Marshall's
Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Across
2  Brown v. the Board of Education of Topeka, Kansas was Thurgood Marshall's
5  Thurgood Marshall

32 cases before the U. S. Supreme Court and won 29 of them
7  James Farmer, Dr. Martin Luther King, Jr., Roy Wilkins and Whitney Young (2 words)
8  In 1948, Oliver Hill received national attention when he was elected to the Richmond City

11 Congress of Racial Equality
13 Rosa Parks was presented the

Gold Medal in 1999

14 In 1967, President names Thurgood Marshall to the U. S. Supreme Court
17 Lay Bare the Heart is an

and struggle for civil rights of James Farmer
19 Founder of the Congress of Racial Equality (2 words)
20 Rev. Curtis Harris is past

of the Virginia State Unit of the Southern Christian Leadership Conference
22 Thurgood Marshall

29 of the 32 cases he argued in the U. S. Supreme Court

Down
1  Southern Christian Leadership Conference
3  Rosa Parks refused to give up her seat on a bus in 1955 in

Alabama
4  Oliver Hill participated in a number of landmark cases attempting to equalize teachers' salaries and enforce African Americans rights to serve on

5  Oliver Hill was born in

Virginia
9  The first African American mayor of Hopewell, Virginia (2 words)
10 Rosa Park's journey to justice began on a

in 1955
12 Mother of the modern-day Civil Rights Movement (2 words)
15 Thurgood Marshall traveled all over the United States leading the legal fight to destroy

16 Known as a protector of little people (2 words)
18 James Farmer is known as a long time civil rights and social reform

21 In 1960 Curtis Harris was arrested and sentenced to 60 days in jail for sitting in a segregated in Hopewell, Virginia
Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
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1. Thurgood Marshall
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3. Brown v. the Board of Education of Topeka, Kansas was Thurgood Marshall's
   ___________.

5. Rosa Parks refused to give up her seat on a bus in 1955 in
   ___________, Alabama

6. Thurgood Marshall
   argued 29 of the
   32 cases he argued in the U. S. Supreme Court

8. James Farmer, Dr. Martin Luther King, Jr., Roy Wilkins and
   Whitney Young (2 words)

9. Southern Christian Leadership Conference

10. Thurgood Marshall was an associate
    ___________ of the U. S. Supreme Court from
    1967-1991

11. Congress of Racial Equality

12. Mother of the modern-day Civil Rights Movement (2 words)

17. Lay Bare the Heart is an ___________ of the life
    and struggle for civil rights of
    James Farmer

19. Rev. Curtis Harris is past ___________ of the Virginia
    State Unit of the Southern Christian Leadership Conference

20. Founder of the Congress of Racial Equality (2 words)

Down

1. James Farmer is known as a long
   time civil rights and social reform
   ___________.

4. Rosa Parks was presented the
   ___________.

7. Known as a protector of little people (2 words)

9. Thurgood Marshall traveled all
    over the United States leading the legal fight to destroy
    ___________.

11. The first African American
    mayor of Hopewell, Virginia (2 words)

13. Oliver Hill was born in
    ___________. Virginia

14. In 1967, President
    ___________ names
    Thurgood Marshall to the U. S. Supreme Court

15. Oliver Hill participated in a
    number of landmark cases
    attempting to equalize teachers' salaries and enforce African
    Americans rights to serve on
    ___________.


Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Across

2 Oliver Hill participated in a number of landmark cases attempting to equalize teachers' salaries and enforce African Americans' rights to serve on ___________.

3 The first African American mayor of Hopewell, Virginia (2 words)

5 Brown v. the Board of Education of Topeka, Kansas was Thurgood Marshall's ___________.

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13 Known as the protector of little people's rights (2 words)

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1 Thurgood Marshall traveled all over the United States leading the legal fight to destroy ___________.

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12 Thurgood Marshall ___________ 32 cases before the U.S. Supreme Court and won 29 of them.

14 In 1960 Curtis Harris was arrested and sentenced to 60 days in jail for sitting in a segregated ___________ in Hopewell, Virginia.
Strong Men-Strong Women - Civil Rights Movement

Complete the crossword puzzle.
Strong Men and Women

Find each of the strong individuals.

MAE JEMISON
BERNARD SHAW
ARTHUR ASHE
SPENCER CHRISTIAN
DOROTHY HEIGHT
SPOTTSWOOD ROBINSON
MICHAEL JORDAN
COLIN POWELL
BARBARA JORDAN

OLIVER HILL
HENRY AARON
THURGOOD MARSHALL
BENJAMIN CARSON
OPRAH WINFREY
SHEILA JOHNSON
SUSAN TAYLOR
MAYA ANGELOU
WILLIAM ROBINSON

JOINETTA COLE
EDGAR TOPPIN
BLAIR UNDERWOOD
L. DOUGLAS WILDER
EARL GRAVES
HENRY MARSH
BILLY CANNADAY
WILLIE LANIER
Strong Men and Women

Find each of the strong individuals.

MAE JEMISON
BERNARD SHAW
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COLIN POWELL
BARBARA JORDAN

OLIVER HILL
HENRY AARON
THURGOOD MARSHALL
BENJAMIN CARSON
OPRAH WINFREY
SHEILA JOHNSON
SUSAN TAYLOR
MAYA ANGELOU
WILLIAM ROBINSON

JOHNETTA COLE
EDGAR TOPPIN
BLAIR UNDERWOOD
L. DOUGLAS WILDER
EARL GRAVES
HENRY MARSH
BILLY CANNADAY
WILLIE LANIER

SPENCER CHRISTIAN

HENRY MARSH

JOHNETTA COLE

OPRAH WINFREY

THURGOOD MARSHALL

BILLY CANADAY

BARBARA JORDAN

MAYA ANGELOU

EDGAR TOPPIN

EARL GRAVES

BILLY CANNADAY

WILLIE LANIER

MAE JEMISON

COLIN POWELL

SPENCER CHRISTIAN

HENRY AARON

THURGOOD MARSHALL

BENJAMIN CARSON

OPRAH WINFREY

SHEILA JOHNSON

SUSAN TAYLOR

MAYA ANGELOU

WILLIAM ROBINSON

JOHNETTA COLE

EDGAR TOPPIN

BLAIR UNDERWOOD

L. DOUGLAS WILDER

EARL GRAVES

HENRY MARSH

BILLY CANNADAY

WILLIE LANIER

MAE JEMISON

COLIN POWELL
### Daily Writing Prompts

**Strong Men & Women ~THE SERIES**

<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td>Strong Man, Lee Patrick Brown says “Knowledge is Power and no one can take it away from you once you have it”. Explain his quote.</td>
<td>Describe ways you can show your knowledge.</td>
<td>Strong Man, Ronald Harmon Brown was known as a Super Achiever. Explain what words may describe a super achiever.</td>
<td>If I could achieve one thing this year it would be to __________, because...</td>
<td>Write an introduction for a person that you feel is a super achiever.</td>
</tr>
<tr>
<td>Strong Man, Spencer Christian shares the advice to students, “Don’t let go of your dreams”. Explain his advice.</td>
<td>Describe a dream you have that will help you be a better person.</td>
<td>It is important to dream because...</td>
<td>Strong Woman, Jean W. Cunningham is an advocate for the needs of families. Describe what a family may need to live in the community.</td>
<td>Describe at least five activities that you and your family do together.</td>
</tr>
<tr>
<td>Strong Woman, Ruth Coles Harris knows about the saying “If life gives you a lemon, use it to make lemonade”. What is the lesson in this saying?</td>
<td>Describe what it means to have a positive attitude.</td>
<td>If I could change one thing about myself, it would be __________, because...</td>
<td>Strong Woman Yvonne Bond Miller believes everyone has a special gift that he or she must continue to perfect. What does it take to perfect something?</td>
<td>A gift that someone has within them is something that they can do easily or they enjoy. What is your gift and how do you share it?</td>
</tr>
<tr>
<td>Strong Woman, Melissa Ward says, “The only person holding you back in life is you”. How can you hold yourself back?</td>
<td>What does it mean to be self-motivated and why is it important to be self-motivated?</td>
<td>Strong Man, J. C. Watts says “To fight with every fiber of your being against drugs and alcohol.” What does fight mean in this quote?</td>
<td>Why is it important to fight for what you do believe or do not believe in?</td>
<td>Describe something you would fight for or against.</td>
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<td>Strong Woman, Sheila C. Johnson says “Find a passion and be generous and giving to others” How can you be generous and giving to others?</td>
<td>My friends know I am generous and giving to others because ...</td>
<td>A passion is a strong feeling or love for something. My passion is for ...</td>
<td>Strong Man, Charles F. Lowell advocated for better health care for the elderly, what does it mean to advocate?</td>
<td>If you thought you were treated unfairly, how could you advocate for yourself?</td>
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<tr>
<td>Strong Man, Blair Underwood lived all over the world, but calls Petersburg, VA home. Describe the place you call home.</td>
<td>If I could live anywhere in the world, I would live in _____, because...</td>
<td>Strong Woman, Alice Ballance taught many of her friends and neighbors to read, describe someone other than a teacher who has taught you something.</td>
<td>Teaching someone is a way to show you care because ...</td>
<td>I can teach someone how to ...</td>
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<td>Strong Man, Frank W. Ballance loves to read history books to learn about the past. Why should you learn from the past?</td>
<td>What kind of books do you love to read and why?</td>
<td>The most interesting thing I learned from reading books is ...</td>
<td>Strong Man, Howard Baugh believes that students should strive for good grades and develop a good attitude. How can you strive for good grades?</td>
<td>Name seven things that help you have a good attitude.</td>
</tr>
<tr>
<td>A television program gave Strong Man, Charles Bolden a desire to become a naval officer. What is your favorite program and why?</td>
<td>Name seven adjectives that you feel would describe a naval officer.</td>
<td>Strong Man, Raymond H. Boone is founder, editor and publisher of the Richmond Free Press. What are some goals Mr. Boone may have for his paper?</td>
<td>Why is it important to have goals?</td>
<td>List 3 goals you have for yourself in school.</td>
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Virginia SOLS Covered by Strong Men & Women: Excellence in Leadership Series Teaching Guide

**English SOLs**
1.9
1.12
2.8
2.9
3.6
3.10
4.5
4.6
4.7
5.6
5.7
5.8

**History and Social Science SOLs**
3.11 (specifically Thurgood Marshall, Rosa Parks)
3.12
VS.8
VS.9 (specifically L. Douglas Wilder, Arthur Ashe, Jr.)
USII.3
CE.3
CE.4