



Project Points

"Keeping you informed, connected and empowered."

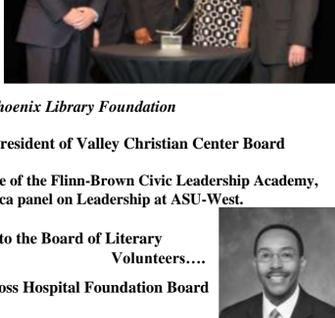
Volume 2, Issue 1 / 3/12/12

BBOD Project Members Building Great Communities and Reaping Abundant Rewards

CLARENCE MCALLISTER, Schools Networks, Inc. received an **ASU Business Spirit of Enterprise Award**.....

GENE WILLIAMS joined **Comerica Bank** as a Vice President

RICHMOND VINCENT promoted to VP, Workforce Development, Goodwill Industries of Central Arizona



...CHUCK KELLY elected President of the Board of **Phoenix Library Foundation**

TOPHAS ANDERSON elected President of **Valley Christian Center Board**

KIMULET WINZER, a graduate of the **Flinn-Brown Civic Leadership Academy**, recently served on a Teach for America panel on Leadership at ASU-West.

KYLE RAKESTRAW elected to the Board of **Literary Volunteers...**

RAWLE ANDREWS, JR., appointed to the **Holy Cross Hospital Foundation Board**

LORETTA CHEEKS appointed to the **United Action Network, City of Peoria Police Department**

KEITH BRAZIER appointed by Governor Jan Brewer to the **Medical Radiologic Technology Board of Examiners**

DUANE LIVINGSTON elected to the **Metro Board of Directors of the Valley of the Sun YMCA**

...GLORIA WYATT, DR. MELVIN HALL and DR. MICHAEL LITTLE appointed to the **Arizona Supreme Court Committee on Character and Fitness**

DARYL DORSEY elected to the **Free Arts of Arizona Board**

DONVISHON BRADLEY appointed to **KAET-TV8 Community Advisory Board**

DEBORA R. COLBERT elected to board of **Wellcare Foundation**

NICO WILLIS joined the board of **Global Business Bank**

WANDA F. MOORE received the **Mary Faye Health Advocate of the Year Award** from **UA Sarver Health Center**. Presenting the award is **Dr. Gordon Ewy, Director of UA Sarver Health Center...**

GORDON LEWIS elected to the **Great Phoenix Black Chamber of Commerce Board**

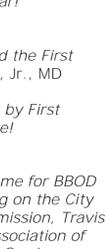


STUART FAIN elected to a **First Things First Regional Council**

...CAROL HENRY, second from left, received the **Dr. Charles R. Campbell Outstanding Alumna Award** and ...

RONALD L. BARNES...

received **Dr. Lincoln J. Ragsdale Outstanding Director Award** at our **2011 Reception / Volunteer Fair** on **October 18, 2011.**



Comments From Our Members, Friends and Supporters

Thank you for making it possible for me and my guests to attend the Nutcracker! Your mission to diversify corporate America is greatly appreciated. - **Kedrick Ellison**

I totally enjoyed the Nutcracker. It is my favorite symphony, but I had never seen the ballet. - **Keith Killough**

What a Blast! I enjoyed hanging out and networking with you and the other attendees at the Nutcracker. - **Lloyd Hopkins**

We cheer you for all you do for BBOD Project. May 2012 be a transformative year! - **Rhonda Bannard**

Marvin, there is not enough words to express how much we appreciate all you do! - **Mary Ross Smith**

It was indeed a pleasure to attend the First Things First Dinner. - **Rudy Cane, Jr., MD**

I would like to sincerely thank you for the beautiful evening with members of BBOD Project at Ballet Arizona and Phoenix Symphony, my wife, grandson and step daughter enjoyed the Nutcracker very much. - **Melvin Hall, Ph.D.**

I highly enjoyed the dinner event by First Things First—Thanks for the Invite! - **Chuck Kelly**

The performance of the Nutcracker was beautiful and it was great to see old acquaintances. - **Angela Copeland**

I want to thank you for selecting me for BBOD Project— it has led me to serving on the City of Phoenix Arts and Culture Commission, Travis Williams Center Board and the Association of Arizona Food Bank. - **Dr. Jerome Garrison**

Patience and perseverance have magical effects before which difficulties disappear and obstacles vanish

—**John Quincy Adams**

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Local First ARIZONA

Review By: William Bankhead

The Sorcerers and Their Apprentices: How the Digital Magicians of the MIT Media Lab Are Creating the Innovative Technologies That Will Transform Our Lives

I first learned about the MIT Media Lab when I was an undergraduate at MIT in the late 1980's. This hybrid between a basic and an applied research lab had a reputation for inventing pioneering technologies that blended computers, broadcasting, and publishing.

The Sorcerers and Their Apprentices provides more than just an updated snapshot of current research at the Media Lab. Frank Moss, Lab Director from 2005 to 2011, also attempts to describe the key features of the Lab's culture that can drive innovation in any environment.

Moss spends the first-half of the book defining and illustrating these four key principles.

These principles include providing creative freedom to researchers to invent according to their passions, as well as supporting an environment that brings together researchers from widely different backgrounds to work on problems. While I found some of his principles difficult to reproduce in a business environment, I did find Moss' emphasis on incremental development based upon rapid proto-typing of ideas, as well as on his emphasis on fostering an open work environment to encourage serendipitous connections among projects to be very valuable.

The second-half of *Sorcerers* is dedicated to describing the Lab's research in four areas that Moss believes will transform society and business in the near future. These areas include 'human-augmentation' technologies that will dramatically improve the lives of people with disabilities, as well as technologies that enable individuals to have greater control over their health and financial outcomes.

All of these innovation stories were very interesting; detailing not only the process of coming up with new ideas, but also the effort of implementing and executing these new ideas. I believe the combination of in-depth discussions of current technology trends and the unique culture of the MIT Media Lab makes *The Sorcerers and Their Apprentices* an important book to read.

Mr. Bankhead earned a BS in aerospace engineering and a BS in Political Science from MIT, and an MA in Political Science from University of California at Berkeley.

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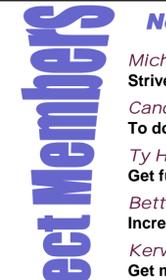
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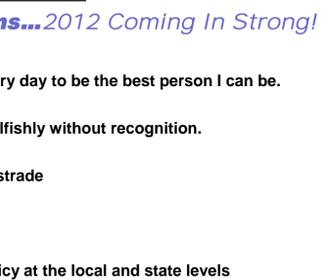
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Highlights

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself... Therefore, all progress depends on the unreasonable man



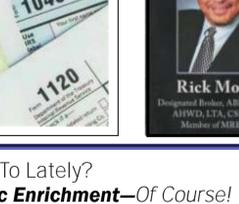
Erica Alexander Turns 40
(second from left)



Hugh Smith Family Welcomes New baby...**Parker**... was 6lbs 15oz and 21in long

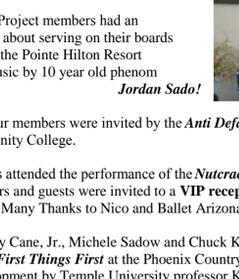
Grand Opening... Alonzo & Michelle Williams' Planet Smoothie - Yogurt & Smoothie Bar
7315 N. Oracle Rd. Tucson, AZ

Donvishon Bradley married the love of his life Francis Munguia on November 18, 2011 in Northern Las Vegas



The Grandsons of **Mary Smith Ross** at the Nutcracker

Whats Going On In Your World? Show and Tell Us About It Here!



Marvin E. Perry VIP Mixer / Volunteer Fair

You can discover more about a person in one hour of play than a year of conversation... Plato

BBOD Project Members

New Year Resolutions...2012 Coming In Strong!

- Michelle Seamon**
Strive to live every moment of every day to be the best person I can be.
- Candyce Lindsay**
To do more to pay it forward unselfishly without recognition.
- Ty Howard**
Get funding for my company **Ghostrade**
- Bettina Vance-Johnson**
Increase my mentorship program.
- Kerwin V. Brown**
Get more involved with public policy at the local and state levels
- Carla Risha Wright**
See more of Arizona's beauty
- Gene A. Williams, Jr.**
Do more networking for business development for my employer and Greater Phoenix Youth at Risk
- Jessie Jean Rush, MD**
Learn how to navigate through Medicare and Medicaid in my new position
- Marty Hunter**
Eat right, exercise and become more religiously devoted

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What Have We Been Up To Lately?

... Professional and Civic Enrichment—Of Course!

Tuesday, October 18, 2011... BBOD Project members had an opportunity to visit with organizations about serving on their boards at a **VIP Reception/Volunteer Fair** at the **Pointe Hilton Resort** at **Tapatio Cliff** and were treated to music by 10 year old **Jordan Sado**.



Wednesday, November 16, 2011... Our members were invited by the **Anti Defamation League** to view the film "The One Drop Rule" at **Scottsdale Community College**.

Friday, December 9, 2011... Members attended the performance of the **Nutcracker by Ballet Arizona at Symphony Hall**. Prior to the performance members and guests were invited to a **VIP reception** hosted by **Ballet Arizona and BBOD Project member Nico Willis**. Many thanks to **Nico** and **Ballet Arizona**—it was a wonderful event all around!

Tuesday, January 10, 2012... **Dr. Rudy Cane, Jr., Michele Sadow and Chuck Kelly** along with **BBOD Project President Marvin E. Perry** attended a dinner by **First Things First** at the **Phoenix Country Club** and heard a very informative presentation on infant language development by **Temple University professor Kathryn Hirsh-Pasek**.

Thursday, January 26, 2012... BBOD Project held a **Workshop on Roles and Responsibilities of Board Members** in association with **Allstate Insurance Company**. The presenter was **Linda Searfoss**. A nationally recognized consultant and expert on non profit boards. **BBOD Project** has been presenting this valuable workshop since the 1980's. **Many thanks to Allstate for your Support!**

Tuesday, January 31, 2012... Members were invited to a breakfast and program by **Communities in Schools**. Among members in attendance were **Keith Brazier** and We had **Dr. Robert Pipkin** as our wonderful speaker!

Friday, February 24, 2012... BBOD Project members and guests tour the **Translational Research Institute (TGEN)** and heard presentations by **Dr. John D. Carpten**, Senior Investigator and Director, Integrated Cancer Genomics Division, and **Erin Massey**, director of development, TGEN Foundation. Lunch was provided by our guest **Deb Ritchie, Design Source Furniture...** *Thanks Deb!*

February 29, 2012—BBOD Project Members and Guest attended the organizations **Advanced Leadership Breakfast at the Ritz Carlton Phoenix**, where **Tom Franz**, President and CEO, **Greater Phoenix Leadership** was the speaker. The Event was co-sponsored by **Gordon Lewis, Partner, Law Firm of Jones, Skelton and Hochuli**.

Special Notice to our Members and Alumni: All of our members are provided with many opportunities to serve on boards, commissions, committees, task-forces, etc., attend thought-provoking events and develop blue chip relationships. Like everything in life—the more of yourself you invest, the greater your return!

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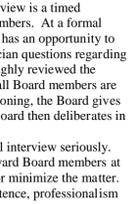
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Dr. Andrew Weil's Spontaneous Happiness

Reviewed by **A. Michele Sorganous, MD**



Spontaneous Happiness is the latest book from well-known author **Dr. Andrew Weil**, a Harvard-educated physician and pioneer in integrative medicine. In this book, he proposes his recommendations for attaining and sustaining optimum emotional health, with an emphasis on developing a lifestyle that nurtures emotional well-being.

Dr. Weil defines emotional well-being as emotional resilience, contentment and serenity. He believes the increase in depression in this culture is related to our modern lifestyle, particularly insufficient exposure to nature, social isolation, and the explosion of technology. He is sharply critical of Western medicine for what he perceives to be an exclusive focus on a biomedical model of health. **Dr. Weil** favors a more inclusive model that integrates Western and Eastern psychology, and he reviews some of the scientific research in this area.

He breaks down his method of achieving emotional well-being into practices designed to care for the body (quality of diet, exercise, sleep, re-evaluation of prescription medications, supplements and natural remedies) and those designed to care for the mind (positive psychology, cognitive-behavioral therapy, meditation, spirituality information overload, social interaction). He identifies what he terms "secular spirituality", the nonphysical aspects of our being, as critical to attending to our emotional health. This secular spirituality, which he distinguishes from religion, includes components such as connection with nature, appreciation of art and beauty, empathy and compassion, and laughter.

As he did in his previous book, **8 Weeks to Optimum Health**, **Dr. Weil** lays out an 8-week plan that incorporates his suggestions to achieve optimum emotional well-being. He starts with a comprehensive current lifestyle assessment and phases in the suggested changes to diet, exercise, breathing and other elements over time in a stepwise fashion.

Spontaneous Happiness is well written and comfortable to read. **Dr. Weil** does a good job of summarizing some of the scientific research on this topic. In language appropriate for a layperson. While his oversimplification of the Western medical model somewhat trivializes it, his recommendations are nonetheless reasonable, and those with an interest in making improvements in their emotional health should be able to implement these changes without a certified psychiatrist. She earned her MD from University of Texas Medical School and a BS from Eastern Michigan University.

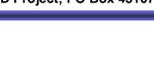
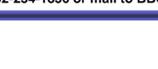
I count him braver who conquers his desires than him who conquers his enemies: for the hardest victory is the victory over self

—Aristotle

Looking Ahead...

BBOD Project Advanced Leadership Retreat

"You will be changed by the awesome experience!"



Brainfest 2012

Santa Barbara, California
Thursday, June 21—Sunday, June 24, 2012

It is a Beautiful Environment, coupled with intense dialogue and fun outings!

Motto: We have a seriousness of purpose. Our mission is to inform, not entertain; to empower, not to appease, to be great not just feel good.—**Marvin E. Perry**, president and founder, Black Board of Directors Project, October 1984.

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Draw near to me and I'll draw near to you
James 4:8

THE PHYSICIAN'S GUIDE TO THE ARIZONA MEDICAL BOARD COMPLAINT PROCESS

By **Gordon Lewis; JONES, SKELTON & HOCHULL, P.L.C.** 2901 N. Central Avenue, Suite 800; Phoenix, AZ 85012; (602) 263-1700; www.jshfirm.com; (This article originally appeared in the Fall 2010 edition of the *Jones, Skelton & Hochull Reporter* publication).

CONTINUED FROM OUR PREVIOUS (8/2011) eNEWSLETTER

VI. THE FORMAL INTERVIEW
If the physician does not reach a consent agreement, he will be invited to a formal interview. A formal interview is a timed appearance before the Medical Board where the case will be discussed in detail in public with the Board members. At a formal interview, the investigative staff will read a prepared summary of the case to the Board. The physician then has an opportunity to make a five minute statement to the Board. Following the statement, the Board members will ask the physician questions regarding the case. One Board member is typically selected to lead the questioning, and that member will have thoroughly reviewed the circumstances surrounding the case. Other Board members may also have questions for the physician, and all Board members are typically well-prepared for all formal interview cases. After all Board members have completed their questioning, the Board gives the physician's attorney (if one is present) the opportunity to make a five minute summary statement. The Board then deliberates in front of the physician and determines how it will resolve the case.

Practice Tip: As with the narrative response and investigative interview, it is important to take the formal interview seriously. The physician should dress professionally for her appearance before the Board, and should be respectful toward Board members at all times. A physician should focus on her conduct, and avoid the temptation to denigrate the complainant or minimize the matter. The Board is chiefly concerned with protecting the public, so the physician needs to demonstrate her competence, professionalism and fund of knowledge during the interview.

VII. FORMAL HEARING

If the investigation produces a recommendation that a physician's license should be suspended for over one year or revoked, the Board will refer the matter to a formal hearing. A formal hearing is a trial before an administrative law judge where witnesses present evidence to support the recommended action. At the conclusion of the hearing, the administrative law judge will produce findings of fact and a recommendation that are returned to the Board for approval and consideration. A physician may also request a formal hearing in lieu of a formal interview.

Practice Tip: Call your lawyer.

ABOUT THE AUTHOR... **Gordon Lewis** is a partner in **Jones, Skelton & Hochuli's** Employment Practice Section. Mr. Lewis has fourteen years experience in the area of labor and employment law.

PROJECT POINTS is published by the **Black Board of Directors Project**, a 28 year old advanced leadership organization. Copyright 2012.

We appreciate your help and support in recruiting new members!

If you know someone you think could benefit and contribute to society by being a member of BBOD Project, please call us or email your recommendations.

It takes you - being engaged and standing for the cause we share - Creating a Great Tomorrow - Today!

Please email name and contact information to **bbodproject@ampersands.net**, call 602-234-1255 fax to 602-234-1856 or mail to **BBOD Project; PO Box 45107; Phoenix, AZ 85064.**