



LEADERSHIP
VESTAVIA HILLS

Leadership Vestavia Hills Newsletter

Fall 2016

Leadership
Vestavia Hills

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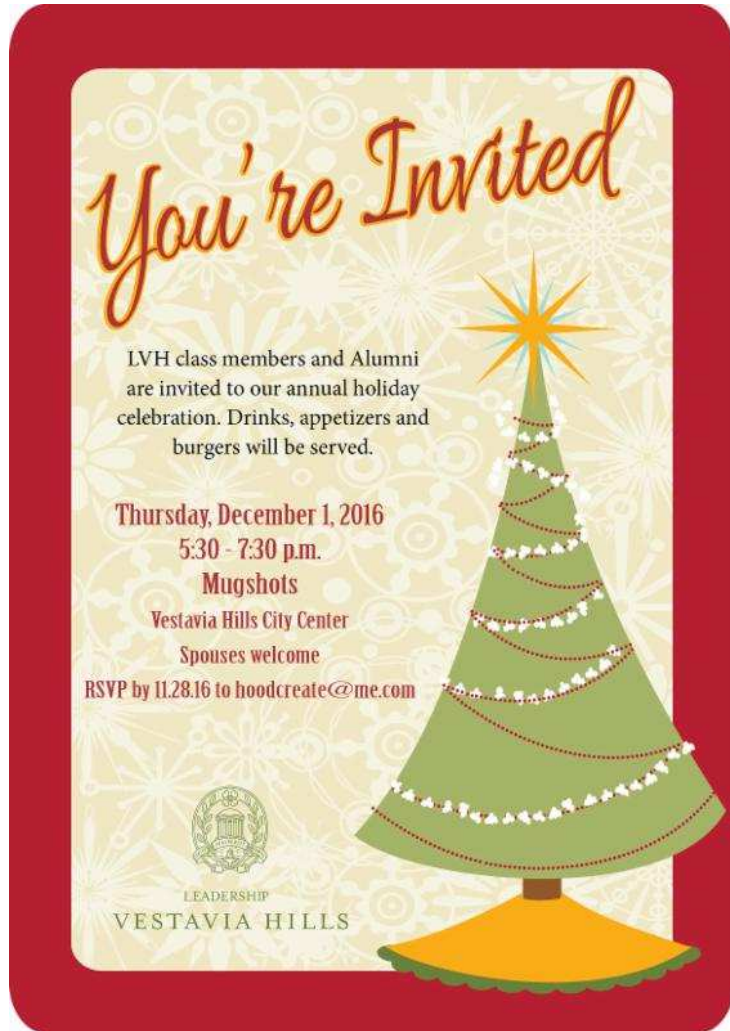
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MEMBER PROFILE SCOTT REGISTER





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Scott Register (Class of 2014) has been a radio personality in the Birmingham area for almost two decades. He is the host of Reg's Coffee House and co-host of The Morning Blend with Reg & Will. Scott has been employed by Birmingham Mountain Radio (BMR) since 2010 and you can find his programs on the radio at 107.3 FM (Birmingham) and 97.5 FM (Tuscaloosa).

In addition to his work at BMR, Scott is the head of A&R at Think Indie Distribution, an independent physical music distribution company. Think Indie Distribution services over 800 independent record stores, distributors, Amazon and other companies by providing CDs, LPs, books, lifestyle products and more.

Scott has played a role in developing some of the music business' biggest acts, including John Mayer, Train, Maroon 5, The Civil Wars, Ray LaMontagne, My Morning Jacket...just to name a few. He has seen the music industry change dramatically over the years with technology making it easier and easier for music to be made, distributed and consumed. From Scott's perspective, music is becoming more and more niche every day with today's musicians being hyper-focused on their core fan base. The foundation of any music career is laid brick-by-brick with the hope of gaining a solid fan base that allows you to do what you love for the rest of your life.

As a promoter of Birmingham and Vestavia Hills, Scott has held numerous roles in the community and achieved other notable recognitions. These include:

- LVH Quality of Life Day Co-Chair
- Greater Birmingham Humane Society Board of Directors
- City Stages Programming Committee
- Leadership Music Class of 2013
- Birmingham Business Journal Top 40 Under 40 (Class of 2000)

Scott is a native of Vestavia Hills and a graduate of Auburn University. Scott and his wife, Dr. Shae Hicks Register (North Shelby County Animal Hospital), have two children. Griffith is a junior at Vestavia Hills High School and Mitchell is in the 8th grade at Pizitz Middle School. Scott enjoys fine (and not so fine) dining, craft beer, cross-fit, traveling when time permits and watching television.



Building Bridges - Empowering Students - Reducing Bullying:

The Power of Sharing Our Stories

Submitted by Kym Prewitt

Twelve-year-old Michael Rumore sat listening intently as the students, six years his senior, shared personal stories and lessons learned from when they walked in his very footsteps through the halls of Pizitz Middle School. That same day, Luke Haynie also soaked in the conversation at Liberty Park Middle School, knowing that every single 6th grade student in the system was hearing the same powerful message, a message about giving respect and helping each other. According to Youth Leadership Vestavia Hills (YLVH) sponsor Emily Erwood, "The program is called Bridges because we are trying to make connections for these students - connections with each other, connections with our stories, and connections to the school in general."

Michael's sister, Anna Rumore, was one of forty Youth Leadership (YL) students trained as a Bridges panel member. Both Anna and her brother learned from the experience. For Anna and her classmates, Bridges training began a month earlier with impromptu speeches, Ted Talk studies on the art of storytelling, and journal reflections on "My 6th Grade Self." Pizitz Middle School Principal Meredith Hanson even made a visit to the YL classroom to share with students her perspective on middle school and the bullying issue. She impressed upon the panel members that peer pressure and trying to "fit-in" are major factors in how middle schoolers operate. With that in mind, students were sure to incorporate into their stories techniques to fight negative peer pressure along with tips on how to avoid the pitfalls of social media and how to find the courage to be an intentional ally for others.

The first Bridges panels were presented twelve years ago, the year that most of these 6th graders were born. Since then the goal has remained the same: to empower students to have and show respect for all in order not just to reduce but to eliminate bullying. According to Anna Hogewood, YLVH president, "The idea is that if we all strive to be intentional allies for one another, there would be no room for bullying. Does it always work with every student? No. But we still try, and it is our hope that just maybe it is better than it would be otherwise."

The basic outlines of each individual story went something like this: (____) happened to me, and it made me feel (____). From the experience I learned (____). My challenge to you is (____).

This simple formula for personal stories empowers the students in a way that other methods cannot. According to Psychology Today, "Telling stories is the best way to teach, persuade, and even understand ourselves."

Junior Breck Cuddy shared about being a tall and lanky middle school boy obsessed with basketball but who was made fun of time and again for not making the basketball team in the 7th grade. He didn't listen to his critics and tried again the next year . . . and the next, again with no success. But he did not give up. Now, Breck stands at 6-feet, 9-inches and is a center on the Rebel varsity basketball team. His message to these young boys and girls was not to let others dictate who you are or what you can accomplish. Work hard. Stay true to yourself. Breck also touched on the power of words challenging the students to think before they speak.

Sadie Daniels, a junior and YLVH officer, shared about a time when two boys were continually teasing her friend about the way she talked. Their words were mean and hurtful, and Sadie, although outnumbered and considerably smaller than the two boys, stood up to them on behalf of her friend. She boldly told the boys that her friend was perfect the way she was and to leave her alone. And guess what . . . that is exactly what they did. Sadie explains in her story that she was an ally and every one of us can be an ally to others if we have the courage. Just think what the school climate would be like if we all tried to be allies every day.

These are just two examples of the forty stories that were shared that day. Hopefully, they will inspire many more like them. LPMS counselor Tre' Munger's assessment of the day was that "it is always great having former students return to share their stories. Middle school students benefit greatly from hearing about real-world experiences from kids who have been in their shoes. This always has a greater impact than something from a video or book that seems disconnected from their reality. We are very blessed in Vestavia Hills to have such a great organization as Youth Leadership Vestavia Hills."

Thank you to our Bridges trainers and facilitators, Kelly Bottcher and Lindy Walker.

LVH Calendar

December 1

LVH Board Meeting

VH Chamber of Commerce Board Room

7:45 a.m.

Class Meeting

Economic Development

VH Board of Education Bldg, 2nd Floor

8:00 a.m. - 4:00 p.m.

Holiday Social

Mugshots at Vestavia City Center

5:30 - 7:30 p.m.

January 5

Class Meeting

Economic Day

VH Board of Education Bldg. 2nd Floor

8:00 a.m. - 4:00 p.m.

January 26

LVH Board Meeting

VH Chamber of Commerce Board Room

7:45 a.m.

February 2

Class Meeting

Quality of Life Day

VH Board of Education Bldg. 2nd Floor

8:00 a.m. - 4:00 p.m.

February 23

LVH Board Meeting

VH Chamber of Commerce Board Room

7:45 a.m.

Alumni in the News

Vestavia Hills Elementary West (VHEW) was recognized last week in Washington, D.C. as a National Blue Ribbon School. **Kim Hauser (Class of 2011)** is Principal of VHEW and **Sheila Phillips (Class of 2014)** is Superintendent of Vestavia Hills City Schools.

VHEW was nominated for the Blue Ribbon Award by the Alabama State Department of Education as an "Exemplary High Performing" school. Blue Ribbon recipients in the Exemplary High Performing category have consistently earned some of the highest test scores in the state, according to the education department. National Blue Ribbon Schools must be in the top 15 percent of all schools in their respective states when students are ranked on state assessment results.

Just 329 schools nationwide and 5 schools in Alabama were chosen for the award this year, according to a Department of Education press release.

LVH 2016 - 2017 Class Schedule

Ann Hamiter and Shannon Stewart, Class Coordinators

Sam Duffey, Class Facilitator

September 1, 2016

Introduction to LVH and History Day

8:00 a.m. - 4:30 p.m.

Vestavia Hills Baptist Church

Sponsor: Judge Shanta Owens / Judge Shera Grant

October 6, 2016

Leadership Boot Camp

8:00 a.m. - 4:30 p.m.

VH Board of Education Bldg. 2nd Floor

Sponsor: First Partners Bank

November 3, 2016

Team Building Day

8:00 a.m. - 4:30 p.m.

VH Board of Education Bldg. 2nd Floor

Sponsor: Bomar Law Firm, LLC

December 1, 2016

Government Day

8:00 a.m. - 4:30 p.m.

VH Board of Education Bldg. 2nd Floor

Sponsor: Alagasco

January 5, 2017

Economic Development Day

8:00 a.m. - 5 p.m.

VH City Hall, Council Chamber Room

Sponsor: Gordan, Dana & Gilmore, LLC

February 2, 2017

Quality of Life Day

8:00 a.m. - 4:30 p.m.

VH Board of Education Bldg. 2nd Floor

Sponsor: Vestavia Hills Parks and Recreation Foundation

March 2, 2017

Education Day

8:00 a.m. - 4:30 p.m.

VH Board of Education Bldg. 2nd Floor

Sponsor: John Henley - State Farm Agent

April 3, 2017

Graduation Day

2:00 p.m. - 7:30 p.m.

Vestavia Hills City Hall

Sponsor: The Elliott Firm, LLC