“A wise woman knows the importance of speaking life into her man. If you love him: believe in him, encourage him and be his peace.”
- Denzel Washington

The 50th Anniversary of Bloody Sunday

Photos provided by Dr. Dorothy W. Huston, Dr. Terrance Vickerstaff and Dr. Edwinta Merriweather
One Huntsville Diversity Dinner Scheduled

The One Huntsville Diversity Dinner will be held Tuesday, March 17, at Huntsville Public Library, 5-7 p.m.

One Huntsville provides an opportunity to meet across religious, racial and cultural segments, exchange information and become informed via an informing program.

The presenter, Charles Miller, regional director of American Atheists, will address the topic “Counting (on) the ‘Faithless.’”

Who are the non-religious and how do they fit in to our community? Miller will lead a discussion on the growing number of “Nones” and “Dones” who are not involved in any organized religious activities.

Informal table discussions while eating is an important aspect of the One Huntsville experience.

Participants may bring their own meal or order a boxed dinner for $6 by noon the day of the meeting at ims@knology.net or call (256) 536-2401.

Huntsville is fortunate to have short commute times and relatively little traffic– major selling points for residents and companies that move from larger peer cities like Washington, D.C., and San Jose, Calif.

But in light of a growing population and federal and state transportation dollars declining, how will the city handle traffic in the future, and how will it pay for it? Also, alternatives to the single-occupant vehicle are becoming more popular and increasing, from new technologies, such as carsharing apps (e.g., Uber and Lyft) and self-driving cars, to more traditional options (i.e., bicycling and transit).

How is Huntsville going to face this new transportation reality? A Citizens’ Academy on Transportation is scheduled for March 18, 2015. Exact time and place to be determined.

FIRST SCHOLARSHIPS: Alabama A&M University President and Mrs. Andrew Hugine, Jr., (center) recently presented the first of five endowed scholarships ($2,500) offered through the First Lady’s Scholarship Initiative. Awards were made to students representing AAMU’s four colleges and School of Graduate Studies.
The 50th Anniversary of Bloody Sunday

A sea of people, estimated at over 80,000, marched in Selma on Sunday, March 8, to commemorate “Bloody Sunday.” It was that Sunday, on March 7, 1965, when 500 to 600 people tried to march across the Edmund Pettus Bridge to advocate voting rights for African Americans. Their peaceful efforts were met with billy clubs and tear gas from Alabama police officers.

Today, people came from all over the world with a very similar agenda. Politicians, musical celebrities, professional athletes, family, friends, colleagues, neighbors, student groups, organizations and clubs, churches and perfect strangers—all assembled for a common purpose. In this small, historic town, they all experienced the gamut of emotional expressions from singing to chanting, from cheering and clapping, from speaking to rapping.

For many of the elders who had participated in the march back in 1965, it was a very emotional experience for them. The commemorative march actually started early on Sunday due to the number of people who had assembled to participate. Three hours after the approximate 2 p.m. start, thousands of marchers were still crossing three hours later in both directions.

The ages of the celebrants ranged from seasoned elders to babies and toddlers in the diverse crowd. The event culminated with a mass group of diverse musical talent. Marchers were there for various reasons, some to witness history, others to yet again remind themselves that there is still indeed a struggle, and some to advance civil rights and voting rights. The Valley Weekly was able to capture photos of some Huntsvillians in the crowd.

Until next week ...

Dorothy
HAPPY BIRTHDAY! An enthusiastic Mrs. Ella Byrd McCain of Birmingham, Ala., received congratulations and best wishes at Alabama A&M University March 7 on the occasion of her 90th birthday. She graduated from AAMU in 1945.

GAC-Scouts Honor Leaders, Volunteers

The Greater Alabama Council of the Boy Scouts of America held its annual Whitney M. Young, Jr. Service Awards Banquet Friday, March 6, at the Marriott Hotel.

Following an inspirational message by Lt. Gen. Patricia E. McQuistion, deputy commander, U.S. Army Materiel Command/senior commander, Redstone Arsenal, organizers recognize recipients of the Community Service Award and the Whitney M. Young Service Award.

The Community Service Award was presented to Reed Carpenter, Phillip and Kathleen Dotts, Edward and Ruthie Jones, Charles Owens, Emilio Sanchez and Tony White.

The Whitney M. Young Service Award was presented to Dave Crockett, Deborah Stuessy, Diem Tran and Emanuel Wad dell.

The Boy Scouts of America has been instilling values in the young people of the Tennessee Valley and North Alabama since 1913.

Over 1 million youths have participated in Boy Scout programs in the Greater Alabama Council. The Council is chartered by the National Council of Boy Scouts of America.
EGO-AKA Holds 57th Debutante Presentation and Ball

The Epsilon Gamma Omega Chapter, Alpha Kappa Alpha Sorority, Incorporated (EGO-AKA) held its 57th Debutante Presentation and Ball, Friday, February 21, 2015 at the Von Braun Center North Hall. The theme, “Phenomenal Princess: A Stunning Reflection of Elegance,” was inspired by the works of the sorority’s late beloved sister, poet, author and actress Maya Angelou.

The night began with greetings from EGO-AKA President Wilma Ruffin and several local dignitaries. Calvin Drake rendered the song, “The Impossible Dream.” Forty-five young ladies from the Huntsville/Madison County community were presented by their fathers and family members and introduced by Robert Drake and Erica C. Washington.

The traditional Cotillion of the debs and escorts was set to the music of Stevie Wonder and Beyonce’ singing their rendition of “So Amazing.” Marian Guidry, chair, Debutante Presentation and Ball, and Carol Woods, co-chair, Debutante Presentation and Ball, presented the debs with a special gift. The anticipated father and daughter dance was set to the music of The Temptations’ classic, “My Girl.” The night continued with a toast to the debs, grace and dinner.

The evening concluded with dancing music by the Kelley O’Neal Band.
Tax Deduction for Medical and Dental Expenses

Your medical expenses may save you money when you file your tax return for 2014. These rules may help you determine if you can claim a tax deduction:

- **You must itemize.** You can only claim your medical expenses that you paid for in 2014 if you itemize deductions on your federal tax return. If you take the standard deduction, you can’t claim these expenses.

- **AGI threshold.** You include all the qualified medical costs that you paid for during the year; however, you can only deduct the amount that is more than 10 percent of your adjusted gross income.

- **Temporary threshold for age 65.** If you or your spouse is age 65 or older, the AGI threshold is 7.5 percent of your AGI. This exception applies through Dec. 31, 2016.

- **Costs to include.** You can include most medical and dental costs that you paid for yourself, your spouse and your dependents. Exceptions and special rules apply. Costs reimbursed by insurance or other sources do not qualify for a deduction.

- **Expenses that qualify.** You can include the costs of diagnosing, treating, easing or preventing disease. The costs you pay for prescription drugs and insulin qualify. The costs you pay for insurance premiums for policies that cover medical care qualify. Some long-term care insurance costs also qualify. For more examples of costs you can and can’t deduct, see IRS Publication 502, Medical and Dental Expenses. You can get it on IRS.gov/forms anytime.

- **Travel costs count.** You may be able to claim travel costs you pay for medical care. This includes costs such as public transportation, ambulance service, tolls and parking fees. If you use your car, you can deduct either the actual costs or the standard mileage rate for medical travel. The rate is 23.5 cents per mile for 2014.

- **No double benefit.** You can’t claim a tax deduction for medical expenses you paid for with funds from your Health Savings Accounts or Flexible Spending Arrangements. Amounts paid with funds from those plans are usually tax-free. This rule prevents two tax benefits for the same expense.

Submitted by
David E. Herron
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Parents have become so convinced that educators know what is best for their children that they forget that they themselves are really the experts.

- Marian Wright Edelman
March Packed with Noted African-American Birthdays

1 – Harry Belafonte, singer
2 – George “Mule” Suttles, Negro League hitter
3 – Jackie Joyner-Kersee, track & field
4 – Garrett A. Morgan, inventor
5 – Fred Williams, football, actor
6 – Shaquille O-Neal
7 – Wanda Sykes, comedian
8 – Louise Beavers, actress
9 – Floyd B. McKissick, Sr., activist
10 – Hallie Quinn Brown, educator
11 – Bobby McFerrin, singer
12 – Al Jarreau, vocalist
13 – Common, rapper/actor
14 – Quincy Jones, music producer
15 – Sly Stone, singer
16 – Rebecca J. Cole, doctor
17 – Nat King Cole, singer
18 – Vanessa Williams, singer
19 – Jackie “Moms” Mabley, comedian
20 – Spike Lee, filmmaker
21 – Harold Nicholas, entertainer
22 – George Benson, singer/guitarist
23 – Moses Malone, basketball
24 – Dorothy Height, activist
25 – Aretha Franklin, “Queen of Soul”
26 – Diana Ross, singer
27 – Sarah Vaughn, jazz singer
28 – Lutrelle Palmer, journalist
29 – Pearl Bailey, singer
30 – Countee Cullen, poet
31 – Jack Johnson, boxer

I do not wish women to have power over men; but over themselves.

- Mary Wollstonecraft

NHCUA Meets on Consent Order: Rev. Dr. Oscar Montgomery of Union Hill Primitive Baptist Church addresses members of the North Huntsville Community United for Action (NHCUA) during a session held at First Missionary Baptist Church in Huntsville.

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