

The Valley Weekly

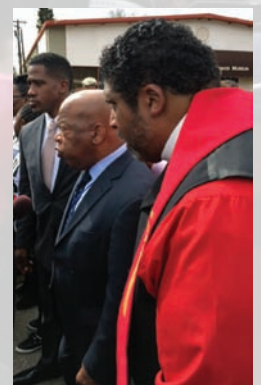
"A wise woman knows the importance of speaking life into her man. If you love him: believe in him, encourage him and be his peace."
- Denzel Washington

FREE

Volume 1, No. 27

Friday, March 13, 2015

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.



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.



Big Picture Huntsville TRANSPORTATION



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.



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Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston

Assistant Editor

Georgia S. Valrie

Editorial Assistants

Linda Burruss

Gary T. Whitley

Layout & Design

James Huston

Photographer

Eugene Dickerson

- Contributing Editors -

Hortense Dodo

Dave Herron

Daryush Ila

TuVy Nguyen

Bonnie Spencer

JaLissa Williams

Website Administrator

Calvin Farier

Editorial Consultant

Jerome Saintjones

Mailing Address:

The Valley Weekly
415A Church Street-Suite 100
Huntsville, AL 35801
(256) 651-9028
www.valleyweeklyllc.com

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The Valley Weekly

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From the Editor



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

When you can't find a printed copy of The Valley Weekly around town, follow us on-line at www.valleyweeklyllc.com.



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. McQuiston, deputy commander, U.S. Army Materiel Command/senior commander, Redstone Arsenal, organizers recognize recipients of the Community Ser-

vice 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 Waddell.

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.

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**WELL WATER:
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The Psychological Effects of Racism on African-American Children

Well Water:Not My Real Name
The Psychological Effects of Racism on African-American Children. The Need to Understand Change
Danny E. Blanchard

Racial identity, or the significance and meaning that individuals attribute to race, is recognized as a key factor in how African Americans cope with racism experiences. Unfortunately, however, the few studies that have examined African Americans' responses to racist events have failed to account for differences across situations that African Americans experience, making it difficult to ascertain whether differences in coping are due to person variables, the situation, or both. In my book, I adopted a stress and coping approach to examine the relations among racial identity, racism-related stress appraisal, and coping with lifetime racism experiences.

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GROUP 1: FRONT ROW, L-R: Yolanda Garth, Cassandra Jordan, Mariah Gullatte, Shannon Gilstrap, Taylor Humphrey; BACK ROW, L-R: Alia Krir, Alexaundria Knox, Cara Harris, Tawanda Harris, Niyana Junearick, Destinee Joiner



GROUP 2: FRONT ROW, L-R: Taiisia Bell, Brianna Brandon, Vernecia Cole, Nekayla Anderson, Sabrina Denson; BACK ROW, L-R: Kendrea Dawkins, Chondra Craig, Brianna Allen, Kaitlyn Boddie, Essence Denson, Jada Alexander



GROUP 3: FRONT ROW, L-R: Ashley Tuitt, Diamond Toney-Nance, Mariah Washington, Wynter Sales, Bianca Strong; BACK ROW, L-R: Shakira Stewart, Briann Ryce, Namibia Pearson, Morgan Tipton, Kinetra Rogers, Khalia Ramey-Collier



GROUP 5: Dr. Cheryl R. Davis, EGO-AKA, Vice President, Ms. Carol Woods, Co-Chairman Debutante Presentation and Ball, Dr. Wilma J. Ruffin, EGO-AKA, President, Mrs. Marian Guidry, Chairman Debutante Presentation and Ball



GROUP 4: FRONT ROW, L-R: Jenesia Porter, LeKeia McGlathery, Aliyah McCain, Rayven Lane, Alivia Massey; BACK ROW, L-R: Imani Malone, Cierra Ruffin, Azariya Jones, Marissa Owens, Ashley Lewis, Jenetta Lymon, NaTe'a Leonard



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.

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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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Calendar at a Glance

March 14
Huntsville Irish Festival
Roundhouse
320 Church Street
Downtown Huntsville
1-5 p.m. (Free)

March 15-April 19
YAM 2015: Exhibition for Youth
Art Month
Huntsville Museum of Art
Downtown

March 22-June 27
John James Audubon Exhibit
"Quadrupeds of North America"
From the Collection of Mr. &
Mrs. William H. Told
Huntsville Museum of Art

March 16-26
Japanese Art & Culture Exhibit
Morrison Fine Arts Gallery
Alabama A&M University

(256) 372-5418
international@aamu.edu

March 20-21; 26-28
"The Importance of Being Earnest"
Tickets: \$18 Adults; \$15 Students;
Seniors (65+)/Military
Theatre Huntsville
7:30 p.m.

March 21
Huntsville West Kiwanis Club
Pancake Breakfast
Mayfair Church of Christ

1905 Carl T. Jones Drive
Tickets: \$5/\$6 - (256) 503-3544
8-11:30 a.m.

April 4
Easter Bonnet Parade/Bunny
Bonanza
\$5 per child
Huntsville Botanical Garden

April 15
"Night of a Thousand Flowers"
Grisham Pavilion (\$45/person;
Garden members only)
Huntsville Botanical Garden
5-7 p.m.

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- Marian Wright Edelman

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