

The Valley Weekly

"Heaven is equally distant everywhere."
- Petronius

FREE

Volume 4, No. 31

www.valleyweeklyllc.com

Friday, April 13, 2018

Zetas Celebrate Finer Womanhood

In celebration of Finer Womanhood from the last full week of February throughout the month of March, the ladies of Zeta Phi Beta Sorority, Incorporated, Delta Omega Zeta Chapter, gathered at Lakeside United Methodist Church in Huntsville, Ala.

The Mistress of Ceremony was Rosemary Spragins, and the invocation by LaShameron Perkins was followed by a musical selection by the Delta Omega Zeta Choir, directed by Warner Byars.

Among the program highlights was the presentation of individuals from the community who have made notable contributions. Kimberly Lewis, CEO of PROJECTXYZ, which she started in 2002, was presented as the Woman of the Year. Her company provides customer support in engineering, logistics, information technology, and alternative energy. Jayne Russell taught science in the Huntsville City School System and now serves in Earthscope's Environmental Education Department. Russell and a fellow teacher won a National Science Teacher's award for a program entitled "Outdoor Adventures" where students participated in outdoor sports scuba diving, rock climbing and caving.

The Man of the Year award was presented to Rodney A. Smith Jr., a native Bermudian and currently a graduate student in the social work program at Alabama A&M



Dove Willie Nell Baylor Carodine and Carodine Scholarship recipient Brooklyn Smith.

University (AAMU). He is the founder of Raising Men Lawn Care Service (RMLSC), which is a non-profit organization designed to promote awareness and inspire the youth to serve their community.

The following were inducted in the 2018 Zeta Youth Hall of Fame: Natalie Fields, Lee High School; Kaylan

Parham, Lee High School; Lauren Heard, Hazel Green High School; Ashley Jackson, Huntsville High School; and Vivica Parker, Huntsville High School. Each inductee received a \$1,000 scholarship. The Willie Nell Baylor Carodine Scholarship was presented. Carodine is a charter member of the Sigma Beta Chapter of Zeta Phi Beta Sorority, Incorporated (AAMU). She taught for 42 years in the states of Florida, Texas and Alabama. She celebrated her 86th birthday on March 26, 2018. A video about Dove Carodine's life was shown before she was introduced by Dr. Harriett Littlepage.

Brooklyn Smith, an AAMU student and member of Sigma Beta Chapter, was awarded the Carodine scholarship. Delta Omega Zeta Chapter selected Alfreda Handy-Sullivan to wear the crown of 2018 Zeta of the Year.

Mental Health Awareness Day Set for April 14

Epsilon Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Inc., WellStone Behavioral Health and NAMI are hosting an April 14 information forum on mental health awareness at Alabama A&M University Student Health & Wellness Center from 12:30-2:30 p.m. in Room 115. The event is open to the public.

To support NAMI-Hunts-

ville, organizers are asking program attendees to give a \$5 donation and to wear green to the forum and throughout the day in recognition of mental health awareness.

Panel members will include nationally certified school psychologist and supervising licensed professional counselor, Dr. Tonya Davis (member of Epsilon Gamma Omega Chapter); Huntsville Police



Valley Intramurals Team NIRSA Champs

The Alabama A&M University Bulldogs intramural basketball team has just made history, and AAMU intramurals head Franky Smith couldn't be more elated.

The talented squad has become the first intramural team in AAMU history to win a

National Intramural and Recreational Sports Association (NIRSA) Championship during the three-day, mid-March tournament at Middle Tennessee State University. AAMU's Thomas Marshall emerged as tournament MVP.

"We are very proud of how

our students represented Alabama A&M University with poise, sportsmanship and grit," commented Smith. "We were the only team to win all six games. Coach Knute Walker did an outstanding job in keeping our students focused."

The Valley Weekly
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Washington in a Minute



Here are the happenings in Washington, D.C., this week:

1. The House and Senate come back into session this week, after their 2-week spring recess. Former Mississippi Agriculture Commissioner Cindy Hyde-Smith was sworn in to replace Senator Thad Cochran (R-MS), who resigned on April 1 due to ill health (however, the Senate GOP has only a 50-49 advantage because Sen. John McCain (R-AZ) remains in Arizona where he is undergoing treatment for brain cancer). The big news on Capitol Hill is that GOP Members reportedly received a lot of criticism from their constituents over the recess about the \$1.3 trillion 2018 spending package they approved 2 weeks ago, which seems to be driving 2 separate GOP offensives: (1) this week the House will vote on a constitutional balanced budget amendment to

eliminate deficit spending and (2) GOP congressional leaders are mulling a plan to rescind some of the non-defense funds in the 2018 spending package, using the 1974 Congressional Budget and Impound Control Act, which would allow the President (or Congress) to propose rescissions to 2018 funds which Congress could then approve under time-controlled debates with simple majority votes.

2. On Tuesday, Trump met with the Emir of Qatar, Sheikh Tamim bin Hamad Al Thani, and then hosted the championship University of Alabama football team. On Thursday, he gave a speech on tax cuts. On Friday, the President departed Washington to attend the "Summit of the Americas" in Lima, Peru, on April 14-15. He will also meet with Peruvian President Pedro Pablo Kuczynski. After Peru, Trump will travel to Colombia

for meetings with President Juan Manuel Santos.

3. Over the weekend, newly-installed White House National Economic Council Director Larry Kudlow said that President Trump is trying to get China's attention by ramping up trade war rhetoric, but so far, China is not interested in talking. Last week, the Trump Administration unveiled a list of \$50 billion in potential tariffs on Chinese products and China responded with plans to implement \$50 billion in reciprocal penalties on U.S. soybeans, cars and other items (in 2016, the U.S. exported \$169.8 billion in goods and services to China). On Thursday, the President announced he would consider imposing an additional \$100 billion in duties on Chinese products.

4. Facebook CEO Mark Zuckerberg testified before a rare joint hearing in the U.S. Capitol Visitor Center before the Senate Judiciary Committee and the Senate Commerce, Science and Transportation Committee on data privacy in the wake of the Cambridge Analytica scandal, in which the London-based firm manipulated the personal information of 87 million Facebook users.

5. The Senate Foreign Relations Committee held a hearing with CIA Director Mike Pompeo on his nomination to

be Secretary of State. Committee Member Sen. Rand Paul (R-KY) has announced his opposition to Pompeo's nomination (the GOP has a 1-seat majority on the committee).

6. National Public Radio reported that American evangelical leaders are organizing a sit-down with President Trump on June 19 at Washington's Trump International Hotel to discuss concerns

that the Stormy Daniels sex-scandal allegations and the President's continued reputation for divisive rhetoric could suppress evangelical turnout in the November mid-term elections.

8. The Trump administration is urging a federal judge to allow for the public disclosure of records related to Harvard's admissions practices, as part of a lawsuit accusing

the elite school of bias against Asian-American applicants. In a court filing on Friday, DOJ told the judge to reject the university's attempts to shield from public view many case documents that it claims are confidential.

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Champion Game Plan for Life

by Preston Brown

Hebrews 2:1 says, *We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.*

What does it mean to us as Christians to "not drift away." The word *drift* means to be carried slowly by a current of air or water. In other words, it is a continuous movement from one place to another. I once read an article that said, "Far up the Niagara River some boaters would pay attention to warning signs, and they would notice the swift current that was taking them in a direction that they did not want to go. So whenever this would happen, they would steer their boats in a different direction.

A direction that was more safe. However some boaters would not "heed" the warning signs, only to fall over the 167-foot drop. Many Christians today find themselves headed into a direction that they don't want to go. So, in order for any us to "steer" ourselves into a different direction, we need to first recognize the warning signs. These "warning signs" can come from a couple of things that cause us to drift away from our relationship with God. I believe the first reason comes from neglect. We simply stop doing what

we use to do: making time for God. The second reason we drift is lack of discipline. To become a better Christian requires spiritual discipline and staying in the word



of God. Remember, the world that we live in has "swift" currents and can take you places you don't want to go. So, we all need to "pay attention" to the words that we have heard from God to be able to navigate through the times that cause us to "drift away."

Stay encouraged, my brothers and sisters!

"Those who aim at great deeds must also suffer greatly."

- Plutarch

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Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@valleyweeklyllc.com. Items do not necessarily reflect the views of

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The Valley Weekly

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From the Editor

Community Ballet Association Honors Two

The Community Ballet Association honored 13 nominees for the Virginia Hammill Simms Award and the Katherine & Richard Lester Award at the 50th Annual Awards Dinner on Saturday, April 7. Attendees were invited to Huntsville Ballet Company's performance of "Cinderella" at the Mark C. Smith Concert Hall in the Von Braun Center.



We attended the matinee performance of "Cinderella," followed by a social hour featuring Huntsville Youth Orchestra Violinists Joy Onawola and Felicia Onawola. Shery Polk, who is president of the Community Ballet Association Board, extended the welcome, and Rev. Dr. Basye Holland-Shuey of The Church of the Nativity provided the invocation. Director of the Alabama State Council on the Arts, Al Head, introduced the Keynote Speaker, Soprano Susanna Phillips, who was born in Birmingham and raised in Huntsville. Phillips holds both a bachelor's and master's degree from Juilliard School and debuted with the Metropolitan Opera in 2008.

Each nominee was recognized and presented fresh flowers. The 2018 nominees for the Virginia Hammill Simms Award were: Kathy Chan, Mark Eccleston, Billie Grosser, Marie Newberry, Barbara Price, Sally Priestster, Jennifer Swobada, Patti Thornton and Susan Webb. The winner of this award was Dr. Kathy Chan, an arts innovator, encouraging links between the community's technology and engineering-based economy and the arts.

Nominees for the Katherine & Richard Lester Award were: Margo Alford, Courtney Allen, Michelle Epling and Shelly Pearsall. The winner of this award was Courtney Penney Allen. Allen is an accomplished artist and lawyer who volunteers with the Huntsville Museum of Art Guild, Huntsville Symphony Orchestra Guild, Early Works Museum, Arts Huntsville, Burritt Museum, Fantasy Playhouse and the Junior League of Huntsville.

For locals who are bored in Huntsville, I somehow find more to do than I have hours to do it. In addition to enjoying the dinner and meet the esteemed nominees, some of which I knew, it was magical to see the scores of wide-eyed girls donned in their Cinderella dresses and slippers, enjoying the matinee with their families and friends. For a fleeting moment, I wished my 26-year-old Katie was there with me to enjoy the delight. Until next week ...

Dorothy



Valley Deaths

- Nelms Memorial Funeral Home -

Funeral service for MRS. IRMALENE DAVIS will be held at 12 noon April 15, at Oakwood University S.D.A. Mosley Complex with Pastor Carlton Byrd officiating.

Memorial service for MR. DEREK J. COLLIER (b. 1983) was held on Monday, April 9, at Union Hill Primitive Baptist Church with Rev. Dr. Oscar L. Montgomery officiating.

Funeral service for MR. OTHA L. BERGER (b. 1927) was held on Saturday, April 7, at Hope Community Church with Bishop Dr. Charles Rodgers officiating.

Funeral service for MR. OWEN RADCLIFFE (aka Big O) was held Saturday, April 7, at Nelms Memorial Funeral Home Chapel.

Funeral service for MRS. LILLIE A. STEGER BROWN was held on Friday, April 6, at Union Hill Primitive Baptist Church with Elder Oscar Montgomery, Sr., officiating.

Funeral service for MRS. ALBERTA H. BATTLE (b. 1930) was held on Thursday, April 5, at Hopewell Missionary Baptist Church with Reverend Timothy Battle officiating.

- Royal Funeral Home -

Funeral service for SFC E-7 WILLIAM MCCOY ROSCOE, JR. was held Saturday, April 7, at the Royal Chapel of Memories.

Funeral service was held Saturday, April 7, for MR. LESLIE JONES, JR., (b. 1946) at New Jerusalem Missionary Baptist Church (2562 Bob Wade Lane, Harvest, AL 35749) with Pastor Ricky Sykes officiating.

Funeral service was held Saturday, April 7, for MR. CARL EDWARDS (b. 1947) at the Zion Progress Missionary Baptist Church (788 Oscar Patterson Road, New Market, AL 35761) with Pastor Hernandez Ford officiating.

Funeral service for MR. CHARLES EDWARD STRONG (b. 1949) was held Friday, April 6, at Syler Tabernacle with Elder John Clay officiating.

Funeral service for MR. ROBERT LEWIS STEELE (b. 1942) was held Thursday, April 5, at St. Bartley Primitive Baptist Church (3020 Belafonte Avenue, Huntsville, AL 35816) with Pastor Jaymes Mooney officiating.

Funeral service was held for MR. HAROLD W. TAPSCOTT (b. 1926) on Thursday, April 5, at the Lakeside United Methodist Church (3738 Meridian Street, NE, Huntsville, AL 35811) with Pastor Thomasi Muhomuba officiating.

Oakwood Aeolians' Love Week

April 1, 2018

First Baptist Church (Governors Drive) - Huntsville, Ala.

Photography: Reggie Allen



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- House of Hope and Restoration
- Huntsville Bible College
- James Smith - AllState Insurance
- Lakeside United Methodist Church
- Lucky's Supermarket
- Marshall England - State Farm Agent
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- Nelms Memorial Funeral Home
- N. Ala. Center for Educational Excellence
- Oakwood University Post Office
- Regency Retirement Village
- Rocket City Barber Shop
- Sam and Greg's Pizza
- Sav-A-Lot
- Sneed's Cleaners
- Starbucks (Governors Drive, N. Parkway at Mastin Lake Road/University Drive)
- Union Chapel Missionary Baptist Church



SON AND SMILES: *Alabama House Democratic Leader Anthony Daniels and his wife, Dr. Teneshia Daniels, welcomed a healthy baby boy, Anthony Gregory Daniels, at 7:21 a.m. April 5. Mother and son are resting comfortably and the proud parents are thrilled for a happy and healthy first son.*

FIT Huntsville Ph.D. Info Briefing Set

Dean Ted Richardson and fellow alumni will present an informational social hour on Florida Institute of Technology's doctor of business administration program April 26 at 6 p.m. at 6767 Old Madison Pike Progress Center, Bldg. 7, Suite 720, in Huntsville. RSVP by April 12 at tweaver@fit.edu or 971-9353. Students can earn a doctorate in less than three years. Harry Hobbs, DBA Site Director and Asst. Prof. of Business, FIT, Redstone/Huntsville, 6767 Old Madison Pike Building 7, Suite 720, Huntsville, AL 35806 - Cell 256-783-1793 <http://web2.fit.edu/huntsville/>

FTA Grant to AAMU Could Lead to State's First Electric Buses

Thanks to funding from the Federal Transit Administration (FTA), Alabama A&M University's bus service will purchase Alabama's first electric buses next year, according to Marshall P. Chimwedzi, director of the Bulldog Transit System (BTS).

In its ongoing effort to strengthen the sustainability and safety of the bus service, BTS sought out Proterra, a leading innovator in the manufacture of heavy-duty electric transportation, from which to purchase two 40-foot Proterra Catalyst electric buses in 2019. The procurement of the vehicle was made possible in part by an FTA Low or No Emission (Low No) Vehicle Deployment Grant, with additional funds provided by AAMU and private contributions.

About 3,400 passengers ride BTS vehicles daily

within the campus proper. BTS committed to electrifying two out of the 11 fleet vehicles by next year. Proterra battery-electric buses will replace diesel buses that emit more than 314,000 pounds of greenhouse gas emissions annually.

In addition to the environmental and health benefits, the new buses will deliver an anticipated maintenance cost savings of \$918,000 to BTS over the 12-year lifetime of these vehicles.

The University's commitment is pioneering a precedent for the university system as the first transit fleet in Alabama to push toward battery electric. In 2006, Bulldog Transit was established to reduce traffic on campus and to create a safe mobility environment with four main routes on campus and two auxiliary routes. The transition on

April 12
 Info Session for UAH Adult Degree Completion Program *Degree is designed for working professionals. Online options available.*
 UAHComplete.uah.edu or (256) 824-6673, 5:30 p.m.

April 14

April 20

Delta Omega Zeta Chapter
 Zeta Phi Beta Sorority, Inc.
 Blue Revue Hatitude Luncheon
 "Back to the Roots"
 The Jackson Center, 6001 Moquin Drive, Huntsville, Ala., 11 a.m.-1:30 p.m.

Annual Black Tie Gala
Featured Entertainment:
 Carl Thomas
 Von Braun Center-North Hall
 For more information/tickets, call (256) 372-8344, 6 p.m.

April 28
 Diverse Educational Life Training Activities, Inc.

Community Free Dental Clinic

The Community Free Dental Clinic is partnered with United Way and is a non-profit organization that provides free dental services to low income individuals of Madison County. Local dentists and volunteers from the community donate their time and services. You can become a sponsor and keep the clinic operating to provide valuable services to our neighbors. Your contribution is critical to our success. You can make a donation by mailing your **TAX-DEDUCTIBLE** donation to The Community Free Dental Clinic, 2341 Whitesburg Drive, Huntsville, AL 35801.



the AAMU campus represents a larger shift and a new market for Proterra as it is the second school to make an electric bus push in North America.

The Low-No initiative is a direct result of Fixing America's Surface Transportation (FAST) Act passed by Congress in 2015. Low-No funds support the development of transit buses and infrastructure that use advanced technologies.

Some \$27.5 million in grants were awarded to 29 public transit winners in 24 states to purchase or lease Proterra Catalyst® electric vehicles, battery systems and charging infrastructure.

"Zero-emission buses are a natural fit for college campuses. Millennials are driving less and seeking out transit more. With this increase in demand, our mission is to guarantee that

younger riders have clean, quiet, emission-free public transportation," said Ryan Pople, CEO of Proterra. "We're pleased to partner with Alabama A&M University and Bulldog Transit System as they pioneer Alabama's first order of electric buses."

Proterra is a leader in the design and manufacture of zero-emission heavy-duty vehicles, enabling bus fleet operators to significantly reduce operating costs while delivering clean, quiet transportation to local communities across North America. With more than 546 vehicles sold to 67 different municipal, university, airport, federal and commercial transit agencies in 30 states, Proterra is committed to providing state of the art, high performance vehicles to meet today's growing market demand.

“Serving the City as One” Day April 14

Alabama A&M University will harness the collective energy of hundreds of freshmen, upperclassmen, and community volunteers for its Day of Service scheduled Saturday, April 14, 2018. Activities will launch at 7 a.m. from The Quad and conclude around 3 p.m. In case of rain or inclement weather, volunteers will assemble in the T.M. Elmore Gymnasium or alternate location.

Volunteers will gather for a university-wide send-off. Campus buses will then drive them throughout the community to churches, agencies, and neighborhoods that requested help. For more info, call Monica Clarke at (256) 372-4710.

WHCAA Announces Legacy Scholarship

The William Hooper Councill Alumni Association announces the 2018 annual LEGACY Scholarship. All high school seniors who are candidates for graduation are eligible to apply for the \$1,000 scholarship to the post-secondary institution of their choice.

The application requires a letter of interest from the applicant; three recommendation letters, two from academic teachers and one from a community leader. An official copy of your scholastic transcript; and, evidence of admission to a post-secondary institution is also required. Descendants related to documented graduates and attendees of The Historic William Hooper Councill High School will receive first consideration. Please include this reference in applicant's letter.

The deadline for receiving application is Tuesday, May 1, 2018. Scholarship Award will occur on or before May 30, 2018. Details will be announced later.

A recognition certificate will be awarded to the recipient and a check will be forwarded to the recipient's school of choice. Mail completed application materials, including letter signed by student and parent to: WHCAA, P.O. Box 3853, Huntsville, AL 35810 - ATTN: Mrs. Evalyn Humphrey. For additional information, contact Brenda Chunn, WHCAA president, at (256) 426-8625.



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HSO Holding Special Screening of "E.T."

Phone Home! Steven Spielberg's beloved classic is coming to the Rocket City with a down-to-earth twist. The Huntsville Symphony Orchestra (HSO) is having a special screening of "E.T.: The Extra-Terrestrial" at the Mark C. Smith arena of the Von Braun Center April 14 at 7:30 p.m.

However, it wouldn't be an HSO event if the ensemble weren't involved. Patrons will be treated a live performance of the film's iconic soundtrack. The event is part of HSO's Pops series, a concert anthology that combines music and pop culture.

Previous performances included homages to the Beach Boys, "Star Trek" and "Lord of the Rings".



The screening will be conducted by HSO musical director Gregory Vajda. Despite being lauded as one of science fiction's most influential productions, the film stems from personal trauma.

Inspired by the divorce

of his parents, the director recalled creating an imaginary friend from beyond the cosmos. This would later serve as the basis of the titular creature. Considered to be Spielberg's magnum opus, the film follows Elliot and budding relationship

with E.T., an alien that was accidentally left behind by its family.

With the help of sister Gertie (a young Drew Barrymore) and friends, the ten-year-old goes on a 114-minute adventure to get his other worldly friend home.

Released on June 11, 1982, "E.T." was met with instant success. The sci-fi flick struck gold with critics and movie-goers, earning 9 Academy Award nominations and winning the Golden Globe for Best Picture and Best Score.

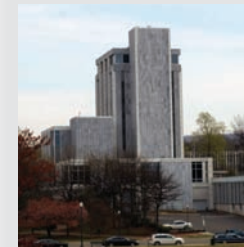
The film was scored by legendary composer John Williams, who went on to score "Indiana Jones", "Jurassic Park" and the first three Harry Potter films.

The film also launched the career of Barrymore, who currently stars in the Netflix original series "Santa Clarita Diet."

For additional information, please call (256) 539-4818 or visit www.hso.org.

by Reggie Allen

Huntsville City Council Meetings



Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m. Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

For more information, call (256) 427-5011.

Spotlight on Our Elders ... Featuring

Theodore Kennedy Bridges

Theodore K Bridges has dedicated his life to serving youth, particularly youth of impoverished communities. Bridges was born in 1937 to the parents of Theodore Wilford Bridges, the county extension agent for Morgan county, and mother, Eula Mae Kennedy Bridges, teacher in the Decatur school system.

Coach Bridges was greatly influenced by his father, who lived by the philosophy of his favorite poem--"Building the Bridge." Just like his father, Coach (TK) Bridges recognized a deficit in his community and rose to answer the call.

His civic and professional affiliations are legend. In

1964, Coach Bridges opened the first African American Boys Club in Northwoods Public Housing project. Coach Bridges is fondly remembered today by several persons, particularly men that

lived in or around Huntsville's Housing projects and were blessed to have been influenced by their beloved "Coach".

Coach Bridges is the person that took time to mentor and inspire them to reach higher.

The Boys Club provided tutoring, arts and crafts, organized sports and business enterprise programs. These programs and services wouldn't have been otherwise available to the youth in these

communities.

In 1958, Coach received his B.A. in health and physical education at Knoxville College (Tenn.), where he had been inducted in Alpha Phi Alpha Fraternity, Inc..

In 1968, he worked at Alabama A&M University as the Student Union director and facilitated the expansion of the student union to include the bookstore.

In 1975, he received his Master of Arts degree in rehabilitation counseling at the University of Alabama in Tuscaloosa. While at the university he was inducted into the prestigious honor society of Kappa Delta Pi.

In recognition of his many contributions in his profession and to society, he has received scores of honors, awards, and citations for a job well done.





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Tips to Help Caregivers Navigate Costs

(BPT) - When a patient receives bad medical news, it can be a paralyzing moment. It's easy to see how any serious diagnosis can shatter someone's life into a million pieces, but we often overlook what's happening to the caregiver who's devoting their time and energy to provide care. On top of the physical and emotional demands, the financial cost of caregiving is unavoidable.

What makes someone a caregiver? American caregivers support patients in a variety of ways. They can be young or old, live close by or miles away and provide care full time or part time. Many of us are caregivers - for our children, parents, siblings or even close friends. Maybe you are a caregiver who provides "hands-on" care now, but may be called upon to provide financial assistance in the future. It's crucial for caregivers to make wise financial decisions about caregiving - for their loved ones and just as importantly, for themselves.

At 34 years old, Danielle Fontanesi had to give up her job as a full-time attorney so she could care for her husband, Matt. Matt was fighting acute myeloid leukemia and needed around-the-clock care while recovering from a stem cell transplant. Fontanesi wasn't able to go back to work for more than a year, and found it challenging to find a new job given her employment gap, which cost her more than \$175,000 in lost income. The cost of relocating next to a major cancer center where Matt was treated was also substantial.

"Not only did I lose income, I lost a year of career progression," says Fontanesi. "We still had to pay our rent, car payments and hospital expenses, while not having income during this period."

According to Gwen Nichols, MD, Chief Medical Officer of The Leukemia & Lymphoma Society(R) (LLS), Fontanesi is far from alone in



her financial plight.

"Again and again, we find that caregivers make huge financial sacrifices to care for their loved one," Nichols says. "When you tally up the losses, it's quite astounding: loss of wages, loss of health insurance, loss of retirement savings and the list goes on. These hold serious financial consequences for caregivers."

Over time, the economic burdens of long-term medical care can create added distress for patients and caregivers that is often called "financial toxicity." Financial toxicity occurs when growing out-of-pocket healthcare costs lead to serious financial problems.

To help caregivers navigate the cost of cancer care for themselves and their loved ones, Nichols offers these important tips:

Encourage your loved one to seek a second opinion: When appropriate, caregivers should help their loved one seek a second opinion. An accurate diagnosis enables resources to be directed in a way that offers your loved one the greatest potential benefits, both in terms of a better health outcome as well as financial impact. It's also helpful to gain a second opinion to help inform the best course of care and avoid the detrimental health effects and costliness of incorrect or unnecessary treatments.

Help start a dialogue: It's crucial to have an open conversation with healthcare providers about financial

pressures. You and your loved one should partner with their medical provider to understand the cost of certain services and treatments. This information can help empower you and your loved one to make the right decision for you and your family. For example, your loved one may be able to choose among treatments or select providers or treatment centers that offer the same or even greater potential benefit, but at a lower cost.

Be an advocate for change: Your voice as a caregiver is valuable, and can help shape discussions about the cost of care.

Take advantage of available resources: Caregivers are often hesitant to seek help and are often unaware of the many resources available to them at their fingertips. LLS, for instance, has free resources and support services such as online chats with medical experts, support groups, help with financial pressures, referral to other helpful local and national resources, and more. To learn more, visit www.lls.org/support/caregiver-support.

Nichols also notes that it's crucial to take time for self-care and remember that your family is your first resource, so don't be afraid to reach out to them for help. There are many ways for friends and family to lighten the load in this challenging time: assisting with home repairs, running errands, or preparing a meal.

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