

The Valley Weekly

"The essence of justice is the redistribution of gains earned through the perpetration of injustice."

- Amos Wilson

FREE

Volume 1, No. 46

Friday, July 24, 2015

ACS Schedules "A Summer Lights Celebration"

The American Cancer Society will hold its 9th annual "A Summer Lights Celebration" on Saturday, August 15, at 5:30 p.m. in the Von Braun Center North Hall.

Coordinators are calling the one of a kind event "a great night for food, a spectacular auction, and much more."

The American Cancer Society continues to save lives and to create even more birthdays by helping people to stay well and get well, find cures, and fight back



against a disease that has taken too many lives, say organizers.

Since its inception in 1913, the ACS has fought for every birthday threatened by every cancer in every community. By taking what it has learned through research, it contributed to a 15

percent decrease in the overall cancer death rate between the early 1990s and 2005. That means that ACS has helped the avoidance of about 650,000 cancer deaths and has created the potential for more birthday celebrations.

Overall, 11 million cancer survivors in America will celebrate a birthday this year, records ACS. For more information on the celebration, call the local ACS office at (256) 536-1863 or www.summerlightscelebration.org.

Alabama Women in Jazz Announces 2015 Festival

The Alabama Women in Jazz (AWIJ) Festival will be held September 19 at Big Spring Park-East in downtown Huntsville.

AWIJ is a program established to highlight some of Alabama's best female jazz musicians and to honor jazz females of yesterday for their contributions to the positive roles of women in music.

AIWJ was established by Patrice Vivins, CEO of non-profit Valley Arts and Entertainment, Inc., an organization whose mission supports the engagement of young people through music and scholarship.

For more information, visit www.alabamawomeninjazz.org.

Young Valley Women Set for "Saved in the City" Conference

"Free and Fearless," young Tennessee Valley Christian women are celebrating their beliefs and blessings August 21-22 with the 2015 "Saved in the City" conference at the Von Braun Center in Huntsville, Ala.

Planners say the Saved in the City conference provides an opportunity for young adult women to come together to have "a life-changing experience with God through worship, fellowship and fun."

Moreover, the conference is two days of spiritual empowerment designed to encourage and equip young ladies with tools for a successful life in Christ.

To date, organizers state that



more than 1,700 women from all walks of life and all across the country have joined in the

celebration.

Founded by former Miss AAMU Brittany Morton, who

serves as Huntsville life group leader, the conference was conceptualized from a weekly

bible study held on the campus of Alabama A&M University. Because of such amazing testimonies, organizers saw the need to expand the study to reach the entire city and surrounding areas, resulting in the annual weekend "just for today's young Christian woman!"

Completing an online registration form ensures seating and an opportunity to attend desired break out sessions with "sisters" from across the U.S. Of the five tracks offered, three are already full. For more information, visit www.savedinthecityconference.com; call (256) 469-1720; or write Saved in the City, P.O. Box 3587, Huntsville, AL 35810.

Office Women Could Have Increased Cancer Risks

Lots of time spent sitting may increase a woman's odds for cancer, but it does not seem to have a similar effect on men, a new study recently posted on BlackDoctors.org suggests.

"Longer leisure time spent sitting was associated with a higher risk of total cancer risk in women, and specifically with multiple myeloma, breast and ovarian cancers. But sitting time was not associated with cancer risk in men," concluded a team led by Dr. Alpa Patel, who directs the Cancer Prevention Study-3 at the American Cancer Society.

One doctor said the message from the study is clear.

"Encouraging individuals across all categories of weight to reduce sitting time would have an impact on their physical activity, with beneficial effects on

cancer and other chronic diseases," said Dr. Paolo Bofetta, a professor of preventative medicine at the Icahn School of Medicine at Mount Sinai, in New York City.

Reported recently in the Journal of Cancer Epidemiology, Biomarkers & Prevention, the study tracked outcomes for more than 146,000 men and women who were cancer-free at the start of the study and then followed from 1992 to 2009. During that time, nearly 31,000 of the participants developed cancer.

More time spent sitting during leisure time was associated with a 10 percent overall higher risk of



cancer in women, after the researchers adjusted for factors such as physical activity levels and weight. There was no such link found in men, however.

"Further research is warranted to better understand the differences in associations between men and women,"

Alpa Patel and colleagues wrote. Previous research has shown that physical activity can reduce cancer risk, but few studies have examined the link between sitting time and cancer risk. Over the past few decades, sitting time in the United States has increased, the researchers said.

The study wasn't designed to

prove cause-and-effect. However, given the large amount of time Americans spend sitting, even a slight link between sitting and increased cancer risk could have major public health implications, Patel's group said.

Experts were puzzled by the fact that sitting appeared to boost a woman's odds for cancer, even after the research team factored out the notion that sitting might simply mean less daily exercise.

For example, "one would assume that women that exercise more have a decreased risk of breast cancer, but the study tried to control for this variable," said breast cancer specialist Dr. Stephanie Bernik, chief of surgical oncology at Lenox Hill Hospital in New York City.

Source: BlackDoctor.org

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The purpose of this information is the dissemination of technical information. Funding is provided through a grant from: U.S. Department of Health and Human Services - Healthy Marriage Demonstration Grant #90FM0006. The opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

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The Valley Weekly

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From the Editor



Greetings!

The World War II Veteran's Observance ...

You are invited to The Victory Day 2015 observance, The 70th Anniversary of the end of WWII, on August 10 at the U. S. Space and Rocket Center, from 10 a.m. until 1 p.m.

This is a WWII Veteran Reunion, with WWII reenactors, WWII vehicles and equipment displays, gifts, food, entertainment, recognitions and a fly-over salute. Moreover, according to my friend Joe Fitzgerald the activity also will feature 97-year-old Hiroshima nuclear bomb survivor Haruko Lewis, who was in a fishing boat with her father when the bomb was dropped on Hiroshima on August 6 August 1945. She later married Walter Lewis, an American WWII GI, and moved to America. Her family disowned her for marrying an American. She left Japan with only the clothes on her back. There will also be Tuskegee Airmen attending, as well as Indianapolis Survivors, Iwo Jima veterans attending and D-Day survivors.

Interested individuals should visit www.rocketcenter.com/victory or <http://www.rocketcenter.com/victory> to register a WWII Veteran.

Most importantly, just get WWII Veterans to the event. This event will be the last opportunity to see, meet, learn from and to express your thanks to a large number of WWII Veterans together in one location. There are less than 800,000 WWII Veterans alive today. In just five (5) short years there will be less than 200,000 WWII Veterans nationwide.

National DoD leadership, including the leadership from every service branch, has been invited. I would urge you to contact Joe Fitzgerald, the Victory Day 2015 Event Chair, at (256) 797-6012.

Bill's dad was a WWII Veteran who served in Japan. He maintained a friendship with a Japanese family for many years after his active service. He was proud to have served but talked little about his role in the mission. He earned a Bronze Star Medal in the U. S. Army for service in a combat zone. RIP, Dad Huston! Until next week ...

Dorothy



An Outpouring of Thanks from a Grateful Nation!

We invite all World War II veterans and their families to participate in this extraordinary day of remembrance.

August 10, 2015 ★ 10 a.m.-1 p.m.

U.S. Space & Rocket Center ★ Saturn V Hall
Huntsville, Alabama

A day filled with food, bands, entertainment, celebrities, VIP guests and gifts of thanks.

www.rocketcenter.com/victory

For more information call 256-774-3000 or 256-340-1234



Don't Overlook Key Tax Deductions

Don't Overlook the Child and Dependent Care Tax Credit this Summer:

IRS Special Edition Tax Tip 2015-12

Day camps are common during the summer months. Many parents pay for them for their children while they work or look for work. If this applies to you, your costs may qualify for a federal tax credit that can lower your taxes. Below are some tips regarding the Child and Dependent Care Credit:

- Care for Qualifying Persons.** Your expenses must be for the care of one or more qualifying persons. Your dependent child or children under age 13 usually qualify.
- Work-related Expenses.** Your expenses for care must be work-related. This means that you must pay for the care so you can work or look for work.
- Earned Income Required.** You must have earned income, such as from wages, salaries and tips. It also includes net earnings from self-employment. .
- Joint Return if Married.** Generally, married

couples must file a joint return. You can still take the credit, however, if you are legally separated or living apart from your spouse.

- Type of Care.** You may qualify for it whether you pay for care at home, at a day-care facility or at a day camp.
- Credit Amount.** The credit is worth between 20 and 35 percent of your allowable expenses. The percentage depends on the amount of your income.
- Expense Limits.** The total expense that you can use in a year is limited. The limit is \$3,000 for one qualifying person or \$6,000 for two or more.
- Keep Records and Receipts.** Keep all your receipts and records for when you file your tax return next year. You will need the name, address and taxpayer identification number of the care provider. You must report this information when you claim the credit on Form 2441, Child and Dependent Care Expenses.

Frats Holding Charity Fundraisers

Two local fraternities are holding fundraisers for worthwhile causes during the month of August.

The Xi Omicron Chapter of Omega Psi Phi Fraternity, Inc., will hold "Vegas Night" Friday, August 7, in the Von Braun Center's East Hall from 7 p.m.-1 a.m. Advance tickets are \$30/each and \$40 at the door. Proceeds from

the event will benefit the fraternity's scholarship foundation and the Harris Home for Children. For more information, contact Gerald Vines at (256) 682-1071 or Rick Suttle at (256) 655-6769.

On August 21, the Huntsville Alumni Chapter of Kappa Alpha Psi, Fraternity, Inc., will hold its annual "Taste of Kappa" event at the Huntsville Museum

of Art from 7-10 p.m. Tickets (\$30) can be purchased online at HuntsvilleKappas.com. Proceeds from the activity will benefit the Huntsville Alumni Chapter's Guide Right program.

For additional ticket information, contact Michael Miller at (256) 656-7719 or Arthur White at (256) 653-9335.

US Space and Rocket Center Announces "Science Fiction, Science Future"

The U.S. Space and Rocket Center lists "Science Fiction, Science Future" among its featured exhibition, beginning September 23 and on display through March 6, 2016.

Move objects with your mind, become invisible, play games with a robot and experience augmented reality!

"Science Fiction, Science Future" brings the science of the future into the present, sending visitors on a unique journey filled with science exploration, curiosity and discovery.

Created by the renowned Scitech Discovery Centre in Perth, Australia, "Science Fiction, Science Future" is a visually compelling exhibition that enables guests to develop a deeper understanding of how science fiction ideas and concepts of today could become the science reality of tomorrow.

"Science Fiction, Science Future" engages visitors with exciting hands-on and full-body experiences incorporating robots, invisibility, mind control, holograms and augmented reality. In addition, science fiction films and pop-culture references for all ages are featured throughout the exhibition on high impact

graphic panels. Visitors engage and enjoy as they learn about the medical technology, communication and transportation of tomorrow in use today! This exhibition incorporates many innovations and inventions that were once only considered possible in film and literature. Visit <http://rocketcenter.com/featuredexhibitions>.

Huntsville City Council Meeting Dates

The 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.

Also, City Council *work sessions* are held in the City Council Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 5 p.m.

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

Huntsville City Council Meetings

August 6 - Work Session
August 13 - Regular Meeting
August 20 - Work Session

August 27 - Regular Meeting

September 3 - Work Session
September 10 - Regular Meeting
September 17 - Work Session
September 24 - Regular Meeting

October 1 - Work Session
October 8 - Regular Meeting
October 15 - Work Session
October 22 - Regular Meeting

November 5 - Work Session
November 12 - Regular Meeting
November 19 - Work Session

December 3 - Work Session
December 10 - Regular Meeting
December 17 - Work Session



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Tennessee Valley DLC Proudly Welcomes Cohort III

Cohort III of the Tennessee Valley Diversity Leadership Colloquium is in full swing through August 25.

Members of the cohort receive information from a diverse group of professionals on a wide range of topics. Among the subject areas are Subject Leadership; Politics and Government; Diversity in Education; Small Business and Entrepreneurship; Religion, Community and Civic Engagement; Law, Equality and Social Justice; Finance and Investment Banking; and Networking, and Mentoring. Making up the 11-member cohort are a wide-ranging group of professionals.

Tilantine Benjamin is a workforce integrator for the Missile Defense Agency. The Hampton University psychology graduate has obtained certification as Lean Six Sigma/Continuous Process Improvement Black Belt, and she has completed the AAF-

 EA Federal Executive Webinar Series Course (2014). Currently, she is pursuing a doctorate degree in organizational leadership with emphasis on organizational development.

Sherri Coons is a payment processing lead for Huntsville Utilities who has amassed more than 20 years in customer service, banking and finance. In her current post, Coons oversees the scanning, posting and balancing of customers' payments, supervising 17 employees over three sites.

Dr. Teneshia E. Daniels is CEO/practicing dentist for Premiere Dental. A biology graduate of Tennessee State University and dentistry graduate of



Meharry Medical College, Daniels has numerous certifications and professional affiliations. She is also the spouse of State Representative Anthony Daniels.

Linda D. Fowlkes is senior procurement analyst for the Army Contracting Command. Fowlkes earned the B.S. degree in criminal justice from the University of Alabama Birmingham. She serves as an ambassador for the U.S. Army Aviation and Missile Command (AMCOM) Army Educational Outreach Program. She visits local elementary, middle, high schools, college and universities and organizations, speaking to students to help prepare them with the skills needed for the world of work.



Samuel T. Greene II is a proud alumnus of Marion Military Institute and Alabama A&M University. He has extensive experiences in both the public and private sectors, as well as a great deal of volunteer work. Greene brings an insightful and detailed breadth of knowledge to areas ranging from the implementation of new business practices to researching complex federal policies. In October 2012, Greene was appointed to the Delta Regional Authority Executive Leadership Institute by Governor Robert Bentley.



Climetha L. Rhodes is logistics management specialist for the Security Assistance Management Directorate at Redstone Arsenal in Huntsville, Ala. She

has obtained the Level III certification in Life Cycle Logistics, and she is a recent graduate of the AMCOM Leader's Investment for Tomorrow (LIFT) Program. She also worked in government positions in Brussels, Belgium, and Madrid, Spain.



Dr. Kem Roper is an assistant professor at Oakwood University, her Alma Mater. She pursued further studies and earned the Master of Arts degree in English from the University of Alabama in Huntsville and the Ph.D. in English (rhetoric and composition) from the University of Louisville. The sought-after freelance writer is a member of several professional organizations and has received countless honors and awards in recognition of contributions to her profession.



Jerome Saintjones is director of public relations at Alabama A&M University. The Tuskegee University English graduate earned



the M.Ed. in higher education administration from Auburn University and the Ed.S. degree Alabama A&M University. Prior to joining AAMU staff in 1992, he worked a decade in public relations at Tuskegee University; served as assistant to the chairman of the Macon County (Ala.) Commission, and was public relations coordinator for the Southeast Alabama Sickle Cell Association. He has served as a consultant for numerous organizations, and is currently a lay eucharistic minister (LEM) at Holy Cross-St. Christopher's Episcopal Church.

Miles Rashad Tibbs is executive director of the Media Arts Institute and the 2005 recipient of an Associate degree in communications from Oakwood University, as well as an Associate in photography from the Art Institute of Fort Lauderdale, Fla. The Los Angeles native has vast experience in marketing, visual editing, photography and videotaping. As a professional in the multi-media and entertainment industry, he has produced, filmed and directed television and multimedia commercials.





Constance N. Tiller works in the training division of the U.S.

Army Corps of Engineers and is site coordinator for Christian Women's Job Corps. She previously worked for 20 years in NASA's broadcast area. Tiller earned the B.S. degree in telecommunications (marketing minor) from Alabama A&M University, where she also received the M.S. degree in adult education. Her true passion is working to help others and serving the community in which she lives through her affiliation with several professional, civic and community organizations.




Dr. Emanuel Waddell is a tenured associate professor and analytical chemist at the University of Alabama in Huntsville. He received the B.S. degree from Morehouse College; the M.S. from the University of Rochester (N.Y.); and the Ph.D. in analytical chemistry from Louisiana State University. Waddell manages the Louis Stokes Alliance for Minority Participation, co-coordinates the campus wide Materials Science Program and serves as the liaison between the graduate school and minority graduate students.





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SERIES - William Hooper Council: A Pioneer for Civil Rights

Midnight Train to Georgia

Eddie E. Davis, Jr.

On the evening of April 7, 1887, William Hooper Council purchased a first-class ticket on the Western and Atlantic Railroad in Chattanooga, Tennessee, traveling to Atlanta, Georgia, for the purpose of advancing his school, known today as Alabama A&M University.

Just before the train left for its destination, Council entered the first-class car and seated himself without any direction from any worker. Soon after the train left the station, Council was told by a man to get up and move to another car. However, the man instructing him never stated his official status; therefore, Council remained seated in a casual posture, but replied to the man that he would move to another car if the train conductor came for his ticket.

Council, sitting in the presence of white passengers, displayed a very relaxed demeanor. The brakeman or person in uniform was stunned at his resilience and demanded that he leave first-class. Shortly after their exchange, the employee returned with two other men. Council remained firmly seated, saying again that if the conductor asked for his ticket and requested him to move, then he would move to



another car. Fueled by rage, the employee struck Council with the lantern across his face. Immediately, Council jumped to his feet and fought like an enraged lion as blood dripped from the cuts. The conductor witnessed the abuse, but made no effort to

stop it. Instead, he spewed cruel phrases of disrespect to his face as three employees removed Council from first-class and threw him into the "colored" car.

After traveling thirty miles, Council exited the train early in Dalton, Georgia. Because of the injuries inflicted, he needed medical attention. Council could easily have avoided this bloody altercation and continued to ride beneath the services he paid for. But a stirring inside would not let him. The professor paid for a first-class ticket and was entitled to first-class accommodations, and would make his voice heard. This encounter would not end easily. Council returned to Normal to plan his next move.

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UAH Extends Conversation on Race

A public forum at the University of Alabama in Huntsville aims to continue the "Conversation Concerning Race Relations" during an amicable session scheduled Thursday, July 30, at 6:30 p.m. in Charger Union Theater on the UAH campus.

The forum is designed to promote mutual understanding, dignity, respect and cooperation among all economic, ethnic, racial, religious and social groups in the Huntsville vicinity. Its panel will consist of campus and community leaders.

The event is being sponsored by the Huntsville Area Inclusive Community Initiative (HCACI), UAH Office of Diversity, the City of Huntsville's Office of Multi-cultural Affairs and the Human Relations Commission.



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Councill Alumni Association Meets



The William Hooper Councill Alumni Association held its regular meeting on July 16 at the Dr. Richard Showers, Sr. Recreation Center on Blue Spring Road. Mr. Earnest Horton was the presiding officer. Councillman Richard Showers and several graduates of Councill High School attended the meeting.

A draft report of the restoration project was presented and reviewed. The Alumni Association is

requesting input from the public on the draft.

Questions were asked by members of the community.

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Lakeside United Methodist Church Summer Revival
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Guest Evangelist: Rev. Percy L. Nolan, Jr.
Satellite Pastor, St. Paul UM Church, Huntsville, Ala.
Pastor: Rev. Dr. Thomas Muhomba
3738 Meridian Street - Huntsville, Ala.
6:30 p.m. nightly
- August 7**
Omega Psi Phi Las Vegas Night
Von Braun Center - East Hall
\$30 advance - \$40 door
Proceeds Benefit Scholarship Foundations and The Harris Home for Children
Contact: Rick Suttle, (256) 655-6769 or Gerald Vines at (256) 682-1071
7 p.m.-1 a.m.
- August 8**
J.O. Johnson Back to School Parade
- August 20**
Writing a Business Plan
Chamber of Commerce
10 a.m.-12 p.m.
- August 21**
Taste of Kappa
Huntsville Museum of Art
Cost \$30
Available at www.HuntsvilleKappas.com
7-10 p.m.
- August 21-23**
Saved in the City Conference
Von Braun Center
<http://www.savedinthecityconference.com>
- August 22**
“I Am a Survivor Gala”
Westin Hotel (Bridge Street)
6 p.m.
- August 30**
Church Street CPCA 141st Anniversary Service
228 Church Street
Huntsville, Ala.
- September 3-6**
GWRRA Rocket City Road Trip
WING DING 37
Von Braun Center
(800) 843-9460
Wing-ding.org
- September 18-19**
Alabama Women in Jazz Festival
Visit <http://valleyartsandentertainment.org> for more
- September 26**
Alabama A&M Homecoming and Louis Crews Football Classic
vs. University of Arkansas at Pine Bluff

DLC Tennessee Valley Diversity Leadership Colloquium IV APPLICATION FORM

Requirements: Application Form - 3 References - Resume - Photo and Tuition (Both Required upon Acceptance)

Name _____ Date _____

Address _____ Apt. Unit # _____

City _____ State _____ Zip _____

Phone (mobile) _____ Business/Home _____ E-mail _____

Company/Organization _____

Title _____

U.S. Citizen? Yes No Enrolling Quarter _____

Education

High School Attended _____ Graduated: Yes No

College(s) Attended _____

Highest Degree _____ Career Field _____

References

Name _____ Association _____

Phone _____ E-mail _____

Name _____ Association _____

Phone _____ E-mail _____

Name _____ Association _____

Phone _____ E-mail _____

Please mail this Application Form, 3 Letters of Reference, and Resume to: 415A Church Street-Ste. 100, Huntsville, AL 35801 - (256) 651-9028; visit us at www.diversityleadershipcolloquium.com; or e-mail info@diversityleadershipcolloquium.com. Tuition and photo will be required only if accepted to participate.

DLC offers inspiring and experienced leaders with opportunities to benefit from qualified and seasoned trainers, scholars, and business professionals who share and discuss research and best practices regarding obtaining excellence through diversity.

DLC is designed for individuals interested in gaining access to networks, mentors, and sponsors that have traditionally not been available to diverse members of the broader community. Enrollees will be exposed to topics such as: Understanding and Embracing Diversity, Organizational Culture and Structural Reform, Racial and Gender Intelligence, Social Justice and Equality, Networking and Mentoring, Politics, Heroes and Holidays, Critical Thinking and Self-Affirmation and Living the CARE Values.

Individuals and companies are making sincere efforts in verbalizing a commitment to diversity excellence. However, we must be trained to build the next generation of leaders who have the skill sets, tools and commitment to execute.

Training Schedule: DLC will run four quarterly, eight-week colloquia. The sessions will be held on Tuesday evenings from 6 to 9 p.m. Participants cannot miss more than 2 sessions. Location: 415-A Church Street - Downtown Huntsville (Enrollment limited to: 16 - **Tuition:** \$795) Fall: October 6-November 24 (Deadline: September 6)