

The Valley Weekly

FREE

Volume 1, No. 5

Friday, October 3, 2014

Conquering Breast Cancer

Inspirational tips for creating a positive attitude, hope, strength, courage and steadfastness to deal with and conquer breast cancer.

Four life altering words --"YOU HAVE BREAST CANCER"-- evoke enormous fear, traumatizing anxiety, intense hopelessness and an array of defeating emotions that fills one's mind when a physician articulates this alarming diagnosis.

Statistically, about 1 in 8 U.S. women and 1 in 1000 men will develop invasive breast cancer over the course of a lifetime.

In 2013, approximately 232,340 new cases of invasive breast cancer were expected to be diagnosed in women and 2,240 in men in the U.S., along with 64,640 new cases of non-invasive breast cancer.

Almost 39,620 women in the U.S. were expected to die in 2013 from breast cancer. However, due to earlier detection through screening, increased awareness, advances in research, medical technology and hormone replacement therapy (HRT), death rates have been decreasing since 1989, especially in women under age 50.

Personally, I am a proud two-time survivor of breast cancer

(1999 and 2001, respectively). When I was first diagnosed with stage 1 breast cancer, I said, "If the Lord wants somebody to have breast cancer and show His miraculous power to heal her, here am I Lord, send me, I'll go." And forward I went, increasing others' awareness and calming the fears of some who were devastated with their with breast cancer experiences. I spoke on panels, wrote articles for the newspaper, prepared television documentaries and counseled many one-on-one about coping with and conquering breast cancer.

The second diagnosis really tested my faith in God. My Christian surgeon, Dr. Frank Roberts, who performed my mastectomy, was doing outpatient surgery to remove what we thought was an innocent nodule on the same side where I had my right breast removed, to discover that the cancer had returned and had almost reach my back. Shaken, yet undaunted by this grave discovery, I prayed, "Lord, I don't believe that you brought me this far to let me die now. So I am

stepping out on faith, believing that You still have work for me to do, and this second bout with breast cancer will not be a death sentence.

Yes, God still had work for me to do. His words and promises in favorite scriptures like Proverbs 3:5-6-Trust in God with all your heart and don't lean on your understanding, and He will direct your path; Isaiah 43:5-6-When you pass through the waters, I will be with you..., Philippians 13 "I can do all things through Christ Who strengthens me", and Matthew 7:7 "ask and it shall be given, seek and ye shall find, knock and the doors will be open", along with many other inspirational and courage -building scriptures, gave me the hope and strength to hold on to God's unchanging hand as I conquered breast cancer for the second time.

Living with a form of muscular dystrophy-Myasthenia Gravis, a grave muscular disease, since age 19, afforded me numerous opportunities to amass strong coping mechanisms that enabled me to THRIVE in spite of breast

cancer. They are: (1) A positive I WILL CONQUER BREAST CANCER attitude; (2) An unshakeable faith in God, studying and obeying His Holy word; (3) a loving, devoted, encouraging support system, comprised of a second to none family-especially my two younger sisters, brother, son and eldest grandson, cherished friends, church family and co-workers, and (4) world-class physicians and medical teams.

In their recent article on "Reducing Risk of Recurrence", researchers from Johns Hopkins Medicine, recommended the following healthy tips to help survivors reduce the risk of their breast cancer recurring. They are: take care of yourself emotionally and physically, eat healthy, limit alcohol, exercise regularly, maintain a healthy weight, have your vitamin D levels checked and take endocrine therapies as prescribed.

As a thirteen-year breast cancer survivor, I profoundly believe that with increasing world-class research and medical advancements, undergirded by



Kelly

the unrelenting efforts of local, state, national and international individuals and organizations to heighten the awareness and increase the public's knowledge of proven strategies to use in coping with and preventing the recurrence of breast cancer, we will be able to conquer breast cancer in the not too distant future.

References:

Breast Cancer Facts & Figures, American Cancer Society, 2013-2014.

John Hopkins Medicine

Submitted by Margaret J. McKenzie Kelly, Ph.D., Retired University Administrator and Professor

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The Valley Weekly

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From the Editor

October is Breast Cancer Awareness Month! According to the American Cancer Society's Breast Cancer Facts & Figures 2013-2014 (<http://www.cancer.org/research/cancerfactsstatistics/breast-cancer-facts-figures>), an estimated "232,340 new cases of invasive breast cancer were expected to be diagnosed in 2013, among US women, as well as an estimated 64,640 additional cases of *in situ* breast cancer." In addition, ACS literature maintains that nearly 40,000 US women were expected to die from breast cancer, and that only lung cancer alone accounts for more cancer deaths in women. ACS notes that breast cancer incidence rates are highest in non-Hispanic white women, then African American women and are lowest among Asian/Pacific Islander women. Moreover, breast cancer death rates are highest for African American women, followed by non-Hispanic white women. Breast cancer death rates are lowest for Asian/Pacific Islander women. Studies also show that breast cancer incidence and death rates vary by state. These statistics are presented in an updated edition of the American Cancer Society's *Breast Cancer Facts and Figures*. The publication provides cancer research facts about breast cancer, including incidence, mortality, and survival trends for breast cancer, as well as information on early detection, treatment, and factors that influence risk and survival. This piece and similar publications are available for free download as full-text PDF files via the American Cancer Society. But, also through various media, we have already heard the projection that one woman among 8, about 12 % of all women, will develop invasive breast cancer over the course of her lifetime. In contrast, according to medicinenet.com, "male breast cancer accounts for 1% of all breast cancers, and most cases are found in men between the ages of 60 and 70." A man's risk of developing breast cancer is one in 1,000.



"It is important that we are proactive in our approach to detecting and treating this disease."

With that said, each of our readers has been touched personally or has had a family member, friend, colleague, neighbor or friend of a friend whose life has been impacted by breast cancer. We commend the work of local organizations who work to educate the public about this disease, including the local chapter of the American Cancer Society, the Liz Hurley Ribbon Run, the Kimberly Fails Jones Foundation, along with local breast cancer survivors Dr. Margaret Kelly and Mrs. Edna Fails, along with many others too numerous to name, who advance the education and understanding about this disease in our community.

In 1995, my youngest sister was diagnosed with breast cancer. A few months after completing a mammogram which did not detect the tumor, she succumbed to the disease at 38 years old. It is important for women not only to have a routine mammogram as determined in consultation with their physicians, but to also perform self exams, have the genetic counseling and mapping, along with the genetic testing done--called the BRCA1 and 2. The BRCA was not recommended to me by my primary health care provider after my sister's death; however, I pursued it on my own and was tested at Emory University in Atlanta, Ga. As a matter of fact, prior to my sister's death, I had not heard of it. Fifteen years later, I decided to have the total genetic counseling and testing performed at Mayo Clinic in Rochester, Minn. It was important to me because when the initial test was done, little was known about its effectiveness and validity. Today, we hear more about the disease because of the number of celebrities whose lives it has impacted. However, this is a disease that impacts ordinary people like you and me. If you have a history of breast cancer in your family, a proactive approach is recommended, including full genetic counseling and testing. It is important that we are proactive in our approach to detecting and treating this disease. Once the testing is performed, we must be prepared for the results. The life you impact might be your own. *Let's get busy!*

Until next week,

Dorothy



Riah Rose Home for Children Honors Grandparents

Riah Rose Home for Children, Inc., established in 2008, held its first Annual Grandparent's Day Fundraising Luncheon recently at the EarlyWorks Museum. The event honored Mrs. Nancy Archuleta and Rev. Dr. and Mrs. John L. Herndon, III. RiahRose is dedicated to helping pregnant women and homeless women with young children by promoting education and career development. Mrs. Archuleta is president emeritus

of Analytical Solutions of BAE Systems in Huntsville, retiring from BAE in 2005. She has been president of the MEVATEC Foundation since founding it in 1999 and also has been owner/operator of Carriage House Management since 2011. She and her husband Daniel have six children (one deceased), 11 grandchildren and eight great-grandchildren. Dr. John L. Herndon, III, is pastor emeritus of Fellowship Pres-

byterian Church, where he served for 24 years. Tommie Griffith Herndon is a retired educator with over 20 years of service in the public school system. They are the portrait of a successful blended family. When they married, Tommie had six biological children and John had one child. They took on the task of raising their first grandson. They now have nine grandchildren. They have attended almost every dance recital, violin recital, piano recital, play musical production, sporting event or academic

celebration. The team, known affectionately as "Pop Pop" and "Big Mama" have written scripts, created costumes, served as ushers and patronized every aspect of their grandchildren's lives. The grandparents and great-grandparents were described as involved role models for their families. They also have charities and community organizations which they focus their time, talent and treasures.

Biographies courtesy of the RiahRose Home for Children, Inc. Grandparents' Day Benefit



Luncheon Booklet, honoring Mrs. Nancy Archuleta and Reverend and Mrs. John L. Herndon, III, Sunday, September 7, 2014, 1:30 p.m., EarlyWorks Museum, 404 Madison Street, Huntsville, Ala.

-Submitted by Linda Burruss

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Admission: Admission charged

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Black Wings This Smithsonian Institution Traveling Exhibition chronicles the story of African Americans, who despite facing racial barriers, attained great achievements in the world of aviation. It highlights the stories of important figures in aviation from Bessie Coleman, the first African American woman to receive her pilot's license, to Mae Jemison, the first African American woman to fly in space, Black Wings retells the stories of African Americans who dreamed of flight, left their mark and helped pave the way for those who would follow.

This exhibit on display thru November 2, 2014

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- Starbucks - Governors Drive, North Parkway at Mastin Lake Road/ University Drive
- The Office Break Room & Bar
- Tony's Hair Salon
- Westin's Blue Med Spa

Huntsville Happenings!

by Gary T. Whitley, Jr.

It's Homecoming Week 2014 on "The Hill" at Alabama A&M University!

The 2014 edition of Alabama A&M Homecoming is well underway with a slate of activities sure to appease any age range.

Miss Alabama A&M 2014-15 has been crowned during her coronation ceremony, a gospel explosion has been held, as well as a student talent showcase has occurred in preparation for the culminating football game on Saturday, October 4.

A Homecoming is a gathering of people who share a common bond. However,

an HBCU Homecoming is an experience that is larger than life! Steeped in tradition, the Alabama A&M Homecoming experience is second to none, considering the Bulldog fans, the high-stepping and rhythmic sounds of the illustrious Marching Maroon & White Band ("The Show Band of the South"), Miss AAMU Monteva Hodo and her Royal Court, a myriad of Greek-lettered fraternities and sororities, and the determined mighty Bulldog football team.

Huntsville will be painted a festive Maroon & White during the entire time of A&M's homecoming activities, as Normalites

from near and far gather with old friends, make new acquaintances, share endless amounts of catfish and BBQ, coupled with spirits to celebrate A Lovely Day on "The Hill."

Here are some of the events for the 2014 AAMU Homecoming:

Thursday – October 2nd at 4PM: Alumni & Student Fish Fry on The Block

Friday – October 3rd at 10AM: On Campus Parade with BET Black College Tour

Saturday – October 4th at 9AM – Homecoming Day Parade, Downtown Hunts-



ville Homecoming Football Game at 2PM – Louis Crews Stadium Homecoming Stepshow at 8PM – T.M. Elmore Gymnasium The aforementioned events are free to the public with the exception of the football game and stepshow. Although the streets may be filled with more cars

than normal, remember to extend some additional Southern hospitality to visiting Normalites as they enjoy their Homecoming while generating additional tax revenue for our city.

Come out and support our Bulldogs as they Stand Up and Cheer ... Loud and Long for Dear Old Normal!

Fabulous Fall Festival

October 6-10, 2014

Get in step with the many exciting activities at Huntsville Botanical Gardens. There's so much to do at the Garden this Fall Break, you don't want to miss the fun! All week long there will be special activities, games and crafts for the kids in the Anderson Education Center or Children's Garden, weather permitting.

Fall Festival, Wednesday, October 8: Join us for apple bobbing, Cornhole or making a fall-themed craft. Face painters and music will add

to the fun. Enjoy hayrides from 11 a.m.-3 p.m. or visit the Petting Zoo to see your favorite animals. Included in Garden admission/membership Petting Zoo, \$2 in addition to admission.

Contact Tamara Huron at thuron@hsvbg.org or Soozie Pline at spline@hsvbg.org for more information.



- Huntsville Botanical Gardens

Kimberly Fails Jones Memorial Foundation 4th Annual Breast Cancer Survivor's Celebration



Keynote Speaker: Rev. Percy W. McCray Jr.
Director of Pastoral Care-Cancer Treatment Centers of America

Friday, October 10, 2014 7-9pm

Huntsville Marriott 5 Tranquility Base
For Ticket Info Please Call 256 852-2311



DLC Tennessee Valley Diversity Leadership Colloquium

Vision:

The Diversity Leadership Colloquium (DLC) advances leadership excellence by advocating and progressing the affirmation and inclusion of diversity in strategic markets and communities of interest for competitive intelligence.

Mission:

DLC's mission is to a premier provider of diversity training for inspiring and experienced leaders throughout the lifecycle.

Values:

Our values are: Collaboration for Excellence; Appreciation with Insight; Respect for Understanding; and Empathy for all - **C.A.R.E.**

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. Participant cannot miss more than 2 sessions.

Location: 415-A Church Street - Downtown Huntsville

Enrollment limited to: 16 - **Tuition:** \$795

2015 Schedule

- Winter Jan 13 – Mar 3 - Deadline to register (Dec 13, 2014)
- Spring April 7 – May 26 - Deadline to register (March 7, 2015)
- Summer July 7 – August 25 - Deadline to register (June 7, 2015)
- Fall Oct 6 – Nov 24 - Deadline to register (Sep 6, 2015)



To Apply

- Application Form
- 3 References
- Resume
- Photo
- Tuition Payable upon Acceptance

APPLICATION FORM

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Company/Organization _____

Title _____

U.S. Citizen? Yes No Enrolling Quarter _____

Education

High School Completion? Yes No

Highest Degree _____ Field _____

References

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Mail application info to: 415A Church Street-Ste. 100, Huntsville, AL 35801 - (256) 651-9028; visit us at www.diversityleadershipcolloquium.com; or e-mail info@diversityleadershipcolloquium.com.

Kimberly Fails Jones Memorial Foundation

Foundation Honors Strength and Legacy of Namesake

The Kimberly Fails Jones Memorial Foundation provides assistance to women who are confronting the emotional and often physical turmoil of breast cancer.

Prior to gallantly fighting her own battle with breast cancer, Jones served as a federal contractor with BAE Systems and lived in Maryland.

But her fierce illness forced her to move back to Huntsville under her mother's nurturing love and care, along with treatments at the Clearview Cancer Institute, where she received chemotherapy.

Jones once told an AL.com reporter about the things that helped her to make the best of her trying and often painful situation.

"My message is your mental statement and your faith in God

is critical to conquering cancer or any health challenge for that matter."

The Foundation holds an annual benefit to raise funds for breast cancer education, advocacy and patient support in the Huntsville area. The activity features food, fun and festivities. Each year the program highlights the KFJ Foundation's mission and acknowledges cancer survivors

with special gifts.

The foundation was created in honor of Kimberly Fails Jones' vision to assist those dealing with the devastation of a cancer diagnosis. The KFJ Foundation, Inc. also aims to provide assistance to persons seeking medical care for breast cancer who demonstrate financial need; and provide useful information on services.



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AAMU 2014 Homecoming Events Announced by The Palladium

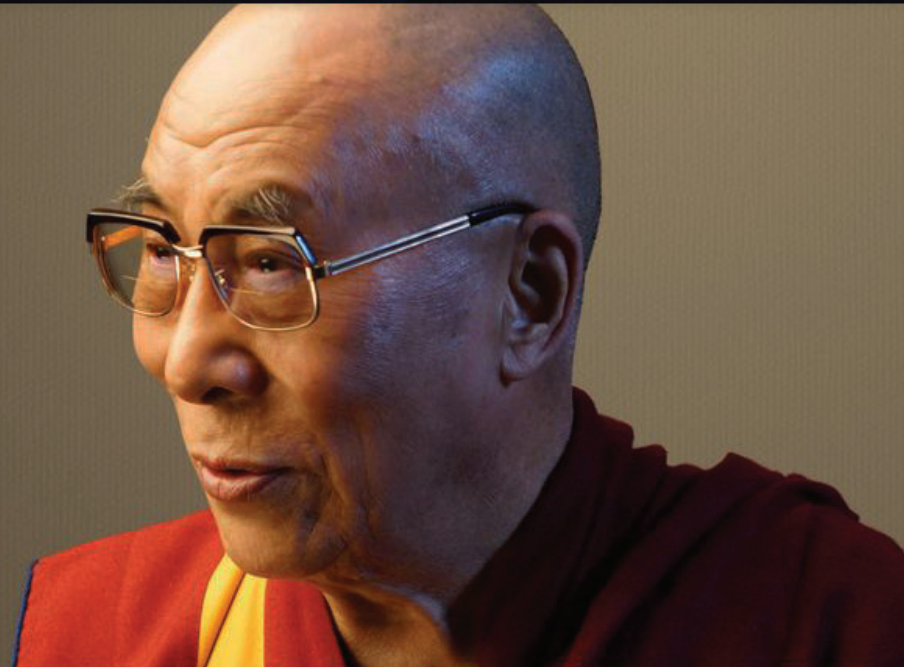
The Palladium Special Events Center, located at 2025 Sparkman Drive, has announced two upcoming events.

On Friday, October 3, the Center will host a Homecoming House Party featuring DJ Charlie Hustle, A.K.A. "Q". Doors will open at 8 p.m. both nights. Food and drinks are included in the advance ticket price of \$25.

On Saturday, October 4, 2014, The Palladium will host a Homecoming Jam featuring DJ "Glaze" Brown. Tickets can be purchased, in advance, at Mr. Shoes, Better Days Barber Shop, Chris Barber Shop, Chester's Barber Shop, and James Records and Tapes. Individuals and groups interested in tickets and reserved tables should call (256) 658-5676.

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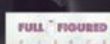
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Not Too Early for 2015 Tax Planning

by David Herron



The 2015 tax season is right
 around the corner.

Do not wait until January
 1, 2015, to begin tax planning
 for your 2014 tax return. Even
 though three-fourths of the 2014
 tax year is gone, you still can
 begin planning for your 2014 tax
 return. Here's how.

- Organize all of your income
 receipts from all sources by
 months if you do not maintain
 your receipts via some type of ac-
 counting software program.
- Create an *income* folder for each
 month of the year.
- Organize all of your expenses
 and deductions by months if you
 do not maintain your expenses
 via some type of accounting
 software program.
- Create an *expense* folder for
 each month of the year.
- Create a spreadsheet using the
 above information to capture
 your income and expenses to-
 date.
- Analyze your information and

begin your tax planning process
 before January 1, 2015.

*What are My Self-Employed Tax
 Obligations?* As a self-employed
 individual, generally you are
 required to file an annual return
 and pay estimated tax quarterly.
 Self-employed individuals gener-
 ally must pay self-employment
 tax (SE tax) as well as income tax.
 SE tax is a Social Security and
 Medicare tax primarily for indi-
 viduals who work for themselves.

It is similar to the Social Secu-
 rity and Medicare taxes with-
 held from the pay of most wage
 earners. In general, anytime the
 wording "self-employment tax" is

used, it only refers to Social Secu-
 rity and Medicare taxes and not
 any other tax (like income tax).

Before you can determine if
 you are subject to self-employ-
 ment tax and income tax, you
 must figure your net profit or net
 loss from your business. You do
 this by subtracting your business
 expenses from your business
 income. If your expenses are less
 than your income, the difference
 is net profit and becomes part of
 your income on page 1 of Form
 1040. If your expenses are more
 than your income, the difference
 is a net loss. You usually can de-
 duct your loss from gross income
 on page 1 of Form 1040. But in
 some situations your loss is lim-
 ited. See Pub. 334, Tax Guide for
 Small Business (For Individuals
 Who Use Schedule C or C-EZ)

If you have any questions,
 please do not hesitate call me at
 (615) 218-5209 or e-mail me at
deh_cei@comcast.net or fax me
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Date: October 28, 2014

Time: 7:00 p.m.

Location: Von Braun Center -North Hall

(\$250.00 per individual ticket)



Dr. Condoleezza Rice

Proceeds will be used to provide scholarships for the year-round comprehensive program, provide funding to support
 STEM education and workforce development programs, as well as fund outreach efforts for girls throughout the Madi-
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3PM - 6:30PM

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IN THE FIGHT AGAINST BREAST CANCER