

# The Valley Weekly

FREE

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Friday, October 10, 2014

## AAMU Celebrates Homecoming



Photo Credit: Jerome Saintjones



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# From the Editor

*Ahh, HOMECOMING!*

When I was growing up, Homecoming was a time for the elders in my community to take out their best dresses, don their best suits, and share in food and fellowship. The first Sunday in October of each year was called "Big Meeting." It was our church's annual Homecoming. My adult siblings and their families, along with other folks who had grown up in our community, would come from near and far to go to the "Big Meeting." Teenagers who had not 'joined the church' would sit on the mourner's bench. This was a time of focus and meditation to accept Christ into your life. For those who accepted, they got to go down to Limestone Creek near Monroeville to be baptized later in the month. Those who did not would sit on the bench once again next year! What discipline we enjoyed without even knowing that we were being prepared for years to come.

We enjoyed some of the best food imaginable. After the first church service, our Moms and Grandmas would go outside and uncover their delectable delights in the trunk of the cars or tail bed of the trucks. *Oh, what a time we had!* None of the food-borne illnesses had been discovered back then. We ate day-old macaroni and cheese, banana pudding, potato salad, greens, corn bread, fried chicken, candied yams, beef and pork roast--you name it. *I still wonder why we didn't get sick.*

When we were in high school, we used to come to Huntsville to visit my sister, Mary. She was a student at Alabama A&M University, the first in my family to attend college. She later married, and we would go to her home and visit. Homecoming at AAMU was the place to be. There seemed to have been more people in Milton Frank Stadium on Homecoming day than there were folks in my entire town! We either went shopping or pulled out our special Saturday attire and strutted up and down the stadium on Homecoming day 'showing off' and having fun. When I left Huntsville to attend Ohio State, we would get in the first car headed south to get to AAMU's Homecoming. Even after I married, my husband and I would drive almost 500 miles to get to Homecoming. He could never understand why we 'dressed up' to attend a football game. He did not attend an HBCU, so he still doesn't really get it. A former jock, he figures a sweatshirt, pair of jeans and some sneakers should work best, and he's probably right. Having been reared in Toledo, Ohio, he once said upon approaching the stadium, "Where do all of these people come from?" From near and far, alumni and Bulldog fans from all over still return to Huntsville for AAMU's Homecoming. *Ahh, Homecoming!*

We enjoy tailgating with family, friends and former acquaintances, sorority sisters and fraternity brothers, former teachers and advisors. The fellowship is always worth the time and trip. We cheer the "fighting" Bulldogs on, even when the scoreboard is not in our favor. The show-stopping Marching Maroon and White Band is always a treat. Fellow alums sit around the table at my home to share tales of the past. It was good to see Dr. Charles Cannon of Chicago, past President of the AAMU Alumni Association, Inc., and Dr. Hadiyah-Nicole Green, a former Miss AAMU and current professor of physics at Tuskegee University. Those Greek-letter organizations were enjoying it, too. Great to see all of the "AKAs" and Dr. Olivia Sanders, my former, undergraduate advisor, hanging out. Dr. Sanders lives in Huntsville, but I never see her enough. *Ahh, Homecoming!*

If you participated in the AAMU Homecoming this past week in any fashion, I hope you enjoyed it. I hope the time you spent getting here was well worth it.

Until next week,



*Dorothy*

*"The fellowship is always worth the time and trip."*

## Where to Find Your FREE Copies of The Valley Weekly

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## The Valley Weekly

Ad Rates Single Issue

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10x10-inches		\$1,000
Full Page	10x10 inches	\$800
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Eighth Page	2.5x5 inches	\$100
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Classified	1 col.x1 inch	\$6
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## BLACK WINGS TRAVELING EXHIBIT

Recurring Daily  
 Thru November 2, 2014  
 Times: 9 a.m.-5 p.m.  
 One Tranquility Base  
 Huntsville, AL 35805  
 (256) 837-3400  
 Admission: Admission charged  
 U.S. Space & Rocket Center



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.

## 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  
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# Wil Haygood

Washington Post  
 Journalist and Author of

## "The Butler"

Learn about the world's most powerful  
 from the perspective of the most invisible

Saturday, October 18, 2014  
 First Baptist Church  
 Family Life Center  
 600 Governors Drive  
 Huntsville, Alabama  
 2 p.m.

Book Signing Provided by Books-A-Million

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 Associated Press Award -  
 National Association of Black  
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# Huntsville Happenings!

by Gary T. Whitley, Jr.

## The Hill Project – Class of 2018

In the midst of the all the fanfare, pageantry, and high-stepping from the Maroon & White Band, that was the 2014 edition of the Alabama A&M University Homecoming experience, an event educating future generations took place in the Ernest Knight Center.

In conjunction with the Louis Crews Classic, alumna Barbara Johnson, has organized, “The Hill Project” for the past five years. Since its initial inception, The Hill Project was a collaborative pairing between Butler High School and AAMU to educate the high school students about life and educational opportunities beyond high school. Proudly,

The Hill Project finished a four year run with Butler High School and began the same project with the freshman class of nearly 85 at J.O. Johnson High School this year.

On Friday, October 3rd the freshman class of Johnson High School was treated to a full day of experiences that will help them through their high school tenure and catapult them into higher education and or the workforce. Normalite Barbara Johnson, a retired educational administrator, worked diligently with a team of other Normalites that allowed the students to hear life-changing presentations from AAMU Alumnae Dr. Kreslyn Kelley-Ellis and Mrs. Lauroselle

Ray-Johnson. Johnson High School students received official greetings from Miss Alabama A&M University 2014-15, Miss Monteva Hodo and from their Huntsville City School Board representative from District 1, Ms. Laurie McCauley.

Additionally, the students of the Class of 2018 were treated to a delectable lunch provided by Mrs. Felecia Wilson and her superlative staff at Aramark to better understand the available college campus dining experience. Further, the Louis Crews Classic Hill Project students were able to receive information about college from the Alabama A&M University Admissions Office, J.F. Drake State Community & Technical College Office of Admissions and from the North Alabama Center for Educational Excellence.



Although the students of the 2018 Hill Project missed the AAMU on-campus parade Friday while they were learning about their future career and educational possibilities, their day ended with the exciting news of being granted a free pass to attend the AAMU Homecoming

football game. The Class of 2018 are enthusiastic about being a part of The Hill Project and look forward to returning to AAMU next year during their sophomore high school year to learn more about what the world has to offer post their high school graduation.



Saturday, November 1, 2014

7:30am Registration  
8:00am Run/Walk Begins  
(followed by a STEM/Health Fair)

Alabama A&M University  
Frank Lewis Gym

[www.nsbe-northalabamaae.com](http://www.nsbe-northalabamaae.com)



## Chapter of Eta Phi Beta Sorority Begins New Year

Alpha Omega Chapter of Eta Phi Beta Sorority held its first meeting for the sorority year 2014-2015 with new officers as follows: President - Brenda Bennett, First Vice President - Yolanda Harris, Second Vice President - Bettye Dixie, Recording Secretary - Linda Burruss, Corresponding Secretary - Brenda Beale, Financial Secretary - Gladys Bracy, Treasurer - Lois Thompson, Chaplain - Lelia Reid-Davis, Guardian of Peace - Sadie Pleasure, Historian/Journalist - Alicia Carroll, Dean-Membership Intake - Danita Pearl, Asst. Dean-Membership Intake - LeToya Fletcher and Parliamentarian - Phyllis Caudle.



The chapter made plans for the year that included recommendations for the Candlelight Vesper Service, scholarships, donations to ARC of Madison, Morgan and Limestone Counties, sponsoring of a child in the John Stallings Art Program “Dance Your Dreams” at Merrimack Hall Performing Arts Center, Thanksgiving gift cards for one family in each county of Madison, Morgan and Limestone, recruitment of new members, diaper drive to benefit Manna House, Liz Hurley Ribbon Run, the 17th Annual Junior Cotillion, Career Awareness and Black History programs and hosting of the Southeastern Regional Executive Board meeting of Eta Phi Beta Sorority, Incorporated.

The chapter was chartered in 1975 and continues to provide donations, services and support of other organizations in the Huntsville, Madison, Decatur, and Athens communities.

The purpose of Eta Phi Beta Sorority, Inc. is to promote and develop closer fellowship between business and professional women and to work for their welfare; to obtain for women the opportunity for the highest standards in all business fields; to aid high school graduates by awarding scholarships to further their education in business and professional fields; and to contribute financially to local and national charities and to promote and assist in programs designated for improving the well-being of developmentally and intellectually disabled citizens.

- by Linda Burruss

# 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**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Apt. Unit # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Company/Organization \_\_\_\_\_

Title \_\_\_\_\_

U.S. Citizen?  Yes  No Enrolling Quarter \_\_\_\_\_

**Education**

High School Completion? Yes  No

Highest Degree \_\_\_\_\_ Field \_\_\_\_\_

**References**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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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](http://www.diversityleadershipcolloquium.com); or e-mail [info@diversityleadershipcolloquium.com](mailto:info@diversityleadershipcolloquium.com).

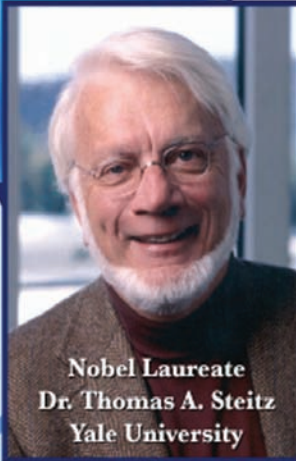
**17<sup>th</sup> Putcha Venkateswarlu Annual Memorial Lecture**

"From the Structure and Function of the Ribosome to New Antibiotics"

Lecture Sponsors:



For details call Dr. M. D. Aggarwal (256-879-4132), Sheral Robertson (256-872-8798), or Jennifer Satterdown (256-872-4868).



**Nobel Laureate  
Dr. Thomas A. Steitz  
Yale University**

**Alabama A&M University**

**Friday, Nov. 14, 2014**

**Lecture @ 3 PM**

Dawson Auditorium,  
Cooperative  
Extension Building

*Followed by*

**Reception @ 5 PM**

Clyde Foster  
Multipurpose Room,  
College of Business  
& Public Affairs

Prof. Thomas A. Steitz received the 2009 Nobel Prize for Chemistry along with Venkateswarlu Ramakrishnan and Ada E. Yonath for their research elucidating the structure

and function of ribosome, a complex ensemble of numerous protein and RNA components key to the function of all life. Dr. Steitz is Sterling Professor of Molecular Biophysics and Biochemistry, Prof. of Chemistry, and a Howard Hughes Medical Institute investigator at Yale University. He received the 1980 Pfizer Award, 2001 Rosenstiel Award for distinguished work in basic medical research, 2001 AAAS Newcomb Cleveland Prize, 2002 Lawrence University Briggs Distinguished Achievement Award, Harvard University 2004 Westheimer Medal, 2006 Keio Medical Science Prize, 2007 Gairdner International Award, 2008 Palade Award, and is an AAAS fellow.

# Ripe for a Career Change?

by Georgia S. Valrie

## Know the Warning Signs

Living in a technological world, we have various gadgets on our telephones, computers, I-pads and cars that warn us when it is time to charge the battery, replace the ink cartridge and take the car for service. Likewise, there are warning signs that indicate to us that it is time to make a career change. Are you faced with these warning signs? If so, it is time to take a long, hard look at your career to determine if it is time for a change.

### 1. Do you dread going to work?

If you wish the weekends were longer and dread the return to work on Monday mornings and have trouble getting out of bed on a workday, then it is time for a change in career.

### 2. Do you call in sick to work even when you are not?

You are feeling sick when you think about work. Your job should not force yourself to call in sick when you are not. This could damage your confidence, your health, your family and personal life.

### 3. Are you bored?

If you find yourself coming to work on Monday and saying I can hardly wait till Friday for the work week to end then you are not being challenged on your job. You need new projects and engaging problems to solve.

Watching the clock, surfing the web and constantly checking email every 5 minutes are strong indicators that you have lost the passion for your career and need to make a change.

### 4. Do you day dream about other careers?

If you daydream or fantasize on doing something different in another career then it is time to take action and make a change.

### 5. Are there limited opportunities for growth in your career?

You have taken advantage of all the professional development opportunities in your career and learned everything there is about it. For you, there is nowhere else to progress; you have limited promotional opportunities. It is time to make a change.

If you are experiencing any of these warning signs in your career, do not ignore them. Start networking and exploring new career opportunities.

## Rosetta James Scholarship Foundation



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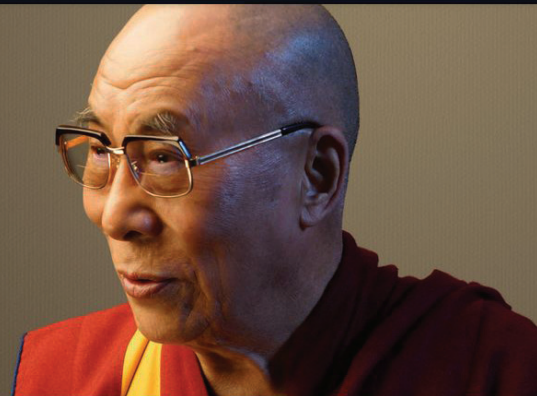
The Rosetta James Scholarship Foundation, provides financial scholarships to undergraduate students who demonstrate sound academic principles; committed to community volunteerism, civic engagement and unselfishness to assist others in Huntsville/Madison County.

The Rosetta James Foundation is a 501(c)(3) Organization- with a 0% Administrative and Fundraising Rate (AFR).

For additional information about the Foundation, contact (256) 536-9717 or at P.O. Box 17452, Huntsville, AL 35810.  
[www.rosettajamesfoundation.org](http://www.rosettajamesfoundation.org)

## HIS HOLINESS THE 14TH DALAI LAMA

Oct. 26 at Regions Field - Birmingham, AL



**SUNDAY  
OCT 12 2014**  
BOB HARRISON SENIOR CENTER  
**3PM - 6:30PM**



**MEN HONORING WOMEN**  
IN THE FIGHT AGAINST BREAST CANCER

# Aging Conversations: "Sustain Your Brain" Health

*Sustained brain health and enhanced lifelong learning are vital parts of aging and improve the quality of life.*

Cognition, which includes mental processes such as intuition, judgment, language, remembering and the ability to learn new things, has a key role in wellness (<http://www.ideafit.com/fitness-library/whats-quot-good-for-the-is-good-for-the-body>).

Research suggests that our cognitive losses are either genetic

or environmental. We don't have control on what we inherit but we can positively affect that which we have some insight.

*Suggestions:*

1. *Audit a class.*

Colleges and Universities offer classes that you can audit. Some offer summer programs where you live on campus for a period of weeks.

2. *Keep a daily journal of significant events in your life.*

Many of the best read books are in the simple stories of daily living.



which utensils to use at a formal dinner or write a great speech?

There is also the great opportunity for them to help you do Twitter, Facebook, LinkedIn and Instagram. They can show you in a few seconds how to retrieve those missed cell phone messages.

4. *Teach a class.*

Nothing is more satisfying than sharing your talents and not expecting a

paycheck.

If you are a woodcrafter, musician, artist, tailor/seamstress, dancer, stylist, sculpture, culinary expert, farmer, florist, etc. Use space at a church or recreational facility that will not charge you

a fee.

5. *Scrapbook.*

If you don't have pictures, articles, cards, etc. of your family, volunteer to help an organization archive their history. Many groups don't have the time to document this valuable part of their business.

6. *Play those video games.*

Many long term care facilities have introduced interactive activities like video games and found they sustained and/or slowed decline of memory and attention.

We know that this is no treatment of great impact but have some fun. Whoever thought those games could be therapeutic?

*by Linda Burruss*

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P045151 4/04

3. *Volunteer at a local school.*

Children and youth may not need help with algebra and chemistry but with basic daily living skills. Who has taught them to write a thank you letter,

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***Invest In A Girl Celebration***

***2014 Annual Fundraising Event***

Girls Inc. understands the importance of providing girls exposure to diverse role models who epitomize hard work, intelligence, and resilience in a world where they encounter significant obstacles to their well-being and success.

Join us as we highlight the impact our programs have on local girls while we raise funds to support our mission of **inspiring all girls to be Strong, Smart, and Bold.**

*Date: October 28, 2014*

*Time: 7:00 p.m.*

*Location: Von Braun Center -North Hall*

*(\$250.00 per individual ticket)*

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 Madison County community. For more information contact Stephanie Malone at (256)851-9911 or visit [www.girlsinc-huntsville.com](http://www.girlsinc-huntsville.com) to purchase tickets.

*Featuring Guest Speaker*



*Dr. Condoleezza Rice*

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# Mental Illness Awareness Week

Thru October 11

Mental illness is a subject matter that is very near and dear to my heart because my only daughter was diagnosed with one of the most severe types of mental illness: Bi-polar 1 with Schizoaffective Disorder. It started with her showing signs of depression, while matriculating through Alabama A&M University. Then the pressures in life, along with the burdens on her heart and mind, caused her to crash. She had her first complete nervous breakdown in 1993. I was living in Northern Virginia, after the divorce, and received a phone call on my job.

Immediately, my son drove me to Huntsville to see my daughter. When her father and I walked into her room, it looked and felt like her tomb. The drapes were drawn. It was dark and still. She lay in the bed completely motionless; she had been so heavily drugged. It was so startling and unsettling, because it was as if we were standing over a corpse. A nurse walked in and said, "One of you will have to get her up and walking, because if she doesn't, she won't get out of here anytime soon." Her father, who deals with patients everyday in his practice, literally "folded." He was speechless and was paralyzed in his tracks. This meant that I had to

take the lead. I will never forget that day and all of the days that followed that rolled into years of what became our memorable and awesome journey.

Gena went from a near-death experience to what we can testify today as an absolute miracle from God ... compared to Lazarus being resurrected from the dead. For you see, she not only suffered one, not two, not just three, but four complete and total nervous breakdowns, while pursuing her masters and Ph.D. degrees at Alabama A&M University. Yet, to see and talk with her today, there is no evidence or indication that she has gone through all that she has. Truly God has been merciful and has covered her with much of His heavenly favor.

She and I both want to give back to the community and to people everywhere. We plan to tell our story in book form soon. Her book will be from the consumer's viewpoint and my book will be from the mother's viewpoint ... her Advocate. I plan to use this weekly newspaper as my platform to come to you with messages about mental illness to bring hope, enlightenment and encouragement, because she and I have gone to the depths of despair and back, and there is hope!

One of the resources I utilized

to help me, as a parent, was Huntsville's NAMI (National Alliance on Mental Illness) organization at 701 Andrew Jackson Way, located in the United Way Building (256-534-2628). I attended their 12-week Family-to-Family education course, designed to help families learn about the mental illnesses, diagnoses, medications and, above all ... coping skills. It was one of the best courses I could have taken, and it is FREE! NAMI offers this class twice a year, and one is in the planning now. I will keep you informed and let you know the dates of their next classes to be offered.

If you have a loved one suffering with any form of a mental illness, do not hesitate, but make a commitment to go! To become the best "advocate" for your loved one, you must become educated about their suffering. Knowledge will empower you to take the right steps and actions in your quest to help and protect them. I look forward to our next time together.

by Bonnie Spencer  
AKA "Chirping Bird"/  
Nanticoke Tribe/  
Delaware

## Alabama Faith-Based Conference on Mental Illness - NAMI

This is a conference to learn how National Alliance on Mental Illness (NAMI) can collaborate with Alabama religious leaders to educate and teach them how to utilize professional resources to pro-actively intervene and combat the stigma associated with mental illness.

The conference is being held November 12-13, at the Embassy Suites, 300 Tallapoosa Street, in Montgomery, Ala.

For information or registration, contact NAMI by phone: (800) 626-4199 or (334) 396-4797, by fax: (334) 396-4794; send an e-mail to: [ethel@namialabama.org](mailto:ethel@namialabama.org), or [roxann@namialabama.org](mailto:roxann@namialabama.org); or by mail: NAMI Alabama, 4122 Wall Street, Montgomery, AL 36106.

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Extension SYSTEM  
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The Successful Aging Initiative presents  
**THE JOURNEY OF AGING**  
**OCT 9, 2014 8AM - 2PM**  
Union Chapel M. B. Church | 315 Winchester Road, NE Huntsville, AL

**FREE CATERED "HOT" LUNCH**  
HEALTH/MEMORY SCREENINGS

**Door prizes valued at more than \$3,500**

**SEATING IS LIMITED!**

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Online Registration:  
For the latest conference information  
[www.aces.edu/urban](http://www.aces.edu/urban)  
(click REGISTER HERE button at top, center page)

Or Call:  
**256.372.4947**  
(for a registration form & conference brochure)

**CONFERENCE TOPICS INCLUDE:**

- Health & Aging
- Law & Aging
- Finance & Aging
- Active Senior Lifestyles
- Women & Aging
- Men & Aging