

More About Triple Negative Breast Cancer - p. 8

FREE

ALLSTON: 'Trump's NOT the Enemy' - p. 5

Friday
October 13, 2023
Vol. 10, No. 6
ValleyWeeklyllc.com

SALUTE!
Rosetta James Foundation
ELDER OF THE WEEK



Mother Hazel Hawk



"Do not pray for easy lives; pray to be stronger men." - Robert Russa Moton

AWJF to Host Holiday Jazz Event

Did you miss out on Day 2 of September's Women in Jazz Fest due to inclement weather? The Alabama Women in Jazz Festival is providing a do-over and new event--all wrapped into an exciting, musical "Holiday Jazz Event" on Sunday December 10, from 6:30-9:30 p.m. at Campus No. 805.

As the Tennessee Valley moves into the holiday



season, AWJF is bringing back some of its stellar female jazz musicians for a three-hour ticketed event.

Previous tickets will be honored.

Donations and ticket sales will support students in music programs and the festival event. Also, Huntsville Women in Jazz, founded by Patrice Bivins, urges appreciation for women in jazz.

For additional information, visit valleyartsandenertainment.org or e-mail valleyartsent@gmail.com.

Extension-AAMU to Host Annual Conferences on Aging

The Alabama Cooperative Extension System (Alabama Extension) at Alabama A&M University is gearing up for the next round of Successful Aging Initiative (SAI) Conferences in October. These events will mark the return to indoor conferences.

The SAI Conference is a free one-day event for older adults, their families, caregivers, and local service providers designed to address issues impacting Alabamians. Attendees learn how to make informed decisions, maintain independence, be active members of society, and improve their quality of life.

In addition, guest speakers and hands-on presentations work collectively to celebrate aging.

The Huntsville/Madison County SAI Conference will be held Thursday, October 19, 8 a.m. to 1 p.m. at Union Chapel Missionary Baptist Church, 315 Win-



chester Road NE, Huntsville, Ala. Theme: "Live Well to Age Well."

Register [HERE](#) or contact the Virginia Caples Lifelong Learning Institute (VCLLI) Site Director Danielle Rudolph at (256) 372-4949 or VCLLI Program Assistant Candra Johnson-DeBose at (256)

372-7022 for more information.

The Calhoun County SAI Conference will be held Thursday, October 26, 8 a.m. to 1 p.m. at the Anniston Meeting Center on 1615 Noble Street in Anniston,

Ala. The theme is "The ABCs of Aging."

Contact Urban Regional Extension Agent Bre Steele at (256) 237-1621 for more information.

Visit Alabama Extension's Facebook page for information on other SAI Conferences offered across the state.

Bollywood Night Oct. 14th

The Aum Foundation will host Bollywood Night 2023 on Saturday, October 14, at the Von Braun Center North Hall at 6-10 p.m.

Bollywood Night is Aum Foundation's annual gala dedicated to fun, dancing and philanthropy in support of the Pathway 2 Success. The Pathway 2 Success program has a mission of empowering under-resourced high school senior girls by giving them the knowledge, tools, and resources to break the cycles of generational poverty.

Attendance at this event



helps Aum fulfill its mission. Each ticket includes: Buffet Dinner, Dance Party, Cash Bar, Business Networking with Huntsville's Elite, and support of an amazing cause.

Attire is Black Tie or

Bollywood Attire (Bollywood Attire not required). Tickets are available at the ticket link.

Visit www.aumfoundationusa.org for more information.

INSIDE THIS ISSUE!

- From the Editor, Page 2
- Preston Brown's "Spiritual Game Plan," Page 3
- "Jahni" Moore's PowerShots, Page 4
- Washington in One Minute, Page 5
- Sunday Lectionary, Page 6
- Honoring Our Elders, Page 7
- Valley Weekly Special, Page 8

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We Must Be Proactive in Detection and Treatment of Breast Cancer

October is Breast Cancer Awareness Month! According to the American Cancer Society's Breast Cancer Facts & Stats, 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2023, an estimated 297,790 women and 2,800 men will be diagnosed with invasive breast cancer.

Chances are, you know at least one person who has been personally affected by breast cancer. But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 3.8 million breast cancer survivors in the United States.

Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health.

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 the late Mrs. Edna Fails, along with many others too numerous to name, who have advanced 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



From the Editor

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!

Dorothy

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HCS Superintendent on Importance of Fall Break

by Dr. Clarence Sutton

In athletic events, there are designed breaks where the team can take a break, recalibrate, and prepare for the next quarter or set. I am so excited we are approaching our first break. I wanted to take a moment to express my heartfelt appreciation for all your hard work and dedication throughout the first quarter of the academic year.

Your unwavering commitment to excellence has resulted in a truly successful start to the year. The positive impact you have made on our students' lives is immeasurable, and it is thanks to your collective efforts that they are flourishing.

Each day, you bring your expertise, passion, and creativity into the classroom which inspires our students to reach new heights of achievement. Your tireless dedication ensures that our educational institution continues to thrive.

As we approach the break, I encourage each of you to take this opportunity to recalibrate, rest, and enjoy quality time with your loved ones. It is crucial that you recharge your batteries so that you can return refreshed and at your absolute best when we resume.

Remember, our shared goal of excellence in every area can only be achieved when we have a team that is energized and motivated. Your well-being is paramount as we continue this journey together.

Once again, thank you for everything you do. Your contributions do not go unnoticed or unappreciated. Enjoy a well-deserved break.



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW
Huntsville, AL 35816 - (256) 539-8189 - www.nelmsmemorial.net

Funeral service for MS. SANTANA H. JOHNSON (b. 1985) will be Saturday, October 14, at 12 p.m. in the Nelms Memorial Funeral Home Chapel.

Memorial service for MR. DAVID WHEELER, JR. (b. 1949) of Douglasville, Ga., was held Saturday, October 7, at Zion Hill Baptist Church Truth Center (8256 Colquitt Street - Douglasville, Ga.) with Bishop James Wright, Jr., Pastor and Officiant.

Funeral service for MS. ROSANNA HUGHES (b. 1947) was held Saturday, October 7, at Mose Chapel Primitive Baptist Church with Pastor Joe Hereford officiating.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW
Huntsville, AL 35810 - (256) 534-8481 - www.royalfh.com

Funeral service for MR. JESE HAWTHORNE, JR. (b. 1963) was Monday, October 9, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.) with Reverend G. W. Linsey officiating.

Funeral service for MR. ADRIAN LAMONTE EPPS (b. 1977) was Monday, October 9, at the First Seventh-day Adventist Church (1303 Evangel Drive NW, Huntsville, Ala.) with Pastor William Lee officiating.

Funeral service for MS. CASSANDRA DIONNE LYNCH (b. 1972) was held Saturday, October 7, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.) with Pastor Clifford Mayes officiating.

SERENITY FUNERAL HOME

2505 University Drive NW
Huntsville, AL 35816 (256) 539-9693 - www.serenityfuneralhm.com

Celebration of Life service for MR. JOHN ROBERT LACY (b. 1954) will be Thursday, October 12, at Serenity Funeral Home at 11 a.m. Visitation one hour prior to service.

Celebration of Life service for MS. AURELIA MCCARVER (b. 1964) was held Sunday, October 8, at Hopewell Missionary Baptist Church, 292 Cemetery Road, New Market, Ala.

Celebration of Life service for MS. CAROLYN EASON-ROBINSON (b. 1966) was held Saturday, October 7, at St. James #2 CPCA located on Jeff Road in Harvest, Ala.



From Blaming to Claiming

Psalm 32:5 says, "Then I acknowledged my sin to you and did not cover up my iniquity. I said I will confess my transgressions to the Lord and you forgave the guilt of my sin."

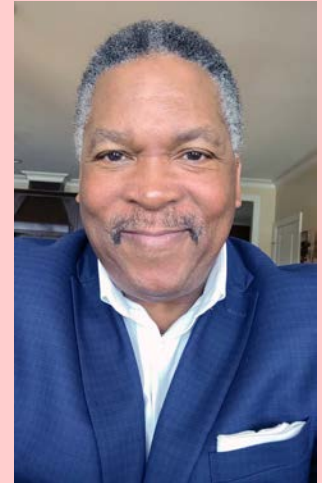
Sometimes, we will never get to the heart of our problems in life until we stop blaming others for our circumstances. So often we will point the finger at someone else for our own bad choices. David understood this principle after a finger was pointed at him that revealed the truth about his situation. It was so revealing that it inspired him to write this beautiful psalm that explains him finally accepting responsibility for his own actions. The reason God forgave David was because he admitted that he was wrong.

He finally realized that you will never get clean until you come clean.

How many times in our own lives do we place the blame on someone else, when we know it was our own bad decision that caused the outcome?

So, it's time to go from blaming to claiming responsibility for our own actions. We do this by facing

and accepting the truth. Not just any truth, but the truth about ourselves. Also remember that things may happen to us and there may be reasons why we are the way that we are, but that doesn't give us an excuse to stay that way. Because the moment a reason becomes an excuse we become "trapped" in it. But once we face the truth about ourselves, we can begin to feel better about ourselves and allow the healing to begin so that we can have the abundant life



that Jesus died upon a cross for us to have. May God grant you spiritual success in taking responsibility for your own actions.

Prayer: Most gracious and loving father, help us to take responsibility for the choices that we make in our lives

Question: Have you ever blamed someone else for a bad choice that you made?

Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my book *Spiritual Game Plans for a Successful Life* and *A Champion Game Plan for Life* at amazon.com, Westbow Books or, if you have a PayPal account, email me at preston-brown81@gmail.com, and I will send you an auto-graphed copy.



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A New Generation Of Service

The Valley Weekly

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

October 13
The Rocket City Blues
Festival

Featuring: King George,
Calvin Richardson, Pokey
Bear, Willie Clayton and
J-Wonn
Mark C. Smith Concert
Hall/Von Braun Center
Huntsville, Ala.
8 p.m.

Embassy Suites
7 p.m.

October 28
Anita Baker
Concert
The BJCC
Tickets: Via Ticketmaster
Birmingham, Ala.
8 p.m.

October 20
Mystic Forest Fantasy
Masque II

November 4
Bulldog Football vs. Flori-
da A&M
Louis Crews Stadium

Alabama A&M University
1 p.m.

November 12
A Gospel Symphony Cel-
ebration
(Featuring Donald Law-
rence)

Special Guests:
Vox Fortura, Alabama
Symphony Orchestra, Con-
ductor Dr. Henry Panion
III, Miles College Choir
and UAB Gospel Choir
Alys Robinson Stephens
Performing Arts Center
1200 10th Avenue South
Birmingham, Ala - 7 p.m.
(205) 975-ARTS
Tickets: <https://www.alystephens.org/events/gospel-celebration/>

November 17-19
Preacher Lawson
"America's Got Talent"
Stand Up Live Huntsville

OCTOBER 13 - SHIRLEY CAESAR is an American Gospel music singer, songwriter and recording artist whose career has spanned seven decades. A multi-award-winning artist, with 12 Grammy Awards along with Dove Awards and Stellar Awards to her credit, she is known as the "First Lady of Gospel Music" and "The Queen of Gospel Music." She began recording at the age of 12 in 1951 on the Federal recording label Shirley Caesar has released over forty albums. She has participated in over 16 compilations and three gospel musicals, Mama I Want to Sing, Sing; Mama 2 and Born to sing; Mama 3. She is also the creator of the #unameit challenge, which occurred during one of her song sermonettes.



- BlackCelebrityBirthdays.com

WJAB

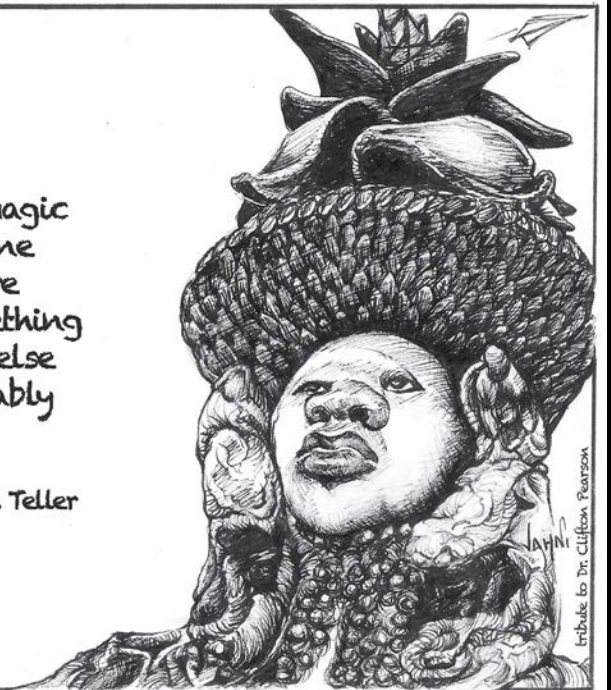
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"Sometimes magic
is just someone
spending more
time on something
than anyone else
might reasonably
expect."

Raymond Joseph Teller



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"In every truth, the beneficiaries of a system
cannot be expected to destroy it."

- A. Philip Randolph

Valley Weekly Washington One Minute

by Ron Hamm

Here is what's happening in Washington, D.C., the nation's capital, this week:

1. COLUMBUS DAY HOLIDAY. Monday was the Columbus Day federal holiday, also known as Indigenous Peoples Day. All federal offices were closed.

2. CONGRESS. The Senate is in recess this week, while in the House all legislative business is on hold while Members attempt to elect a new Speaker. Last Tuesday, after Rep. Kevin McCarthy (R-CA) was removed as Speaker of the House on a 216-210 vote (led by 8 Rs and joined by all Ds), Acting Speaker Patrick McHenry (R-NC) canceled all House business for the remainder of the week. On Wednesday, the House GOP Conference will hold a secret ballot election for the Speaker post (2/3rds vote required for approval), although the election will not be final until the full House votes. The currently announced candidates for Speaker are Reps. Jim Jordan (R-OH) and Steve Scalise (R-LA).

3. THE WHITE HOUSE. On Monday, President Biden delivered remarks marking Jobs Day and National Manufacturing Day, citing the 800,000 manufacturing jobs created under his Administration, and launching his 3rd Investing in America

Tour, for which he and members of the Cabinet will travel to communities around the country over the next 2 weeks. Over the weekend, the President spoke with Israeli Prime Minister Benjamin Netanyahu after Hamas's surprise invasion of Israel at dawn on Saturday and ordered the USS Gerald R. Ford Carrier Strike Group to the Eastern Mediterranean. Last Wednesday, the President announced that the Administration was canceling an additional \$9 billion in student loan debt for 125,000 Americans via the income-driven repayment program, the Public Service Loan Forgiveness plan, and by deleting debt for borrowers with total and permanent disabilities.

Last Friday, The Washington Post reported that the White House has begun making plans for a November 2023 meeting in San Francisco between President Biden and Chinese President Xi Jinping (this week, Sens. Chuck Schumer (D-NY) and Mike Crapo (R-ID) are leading a bipartisan group of Senators on a diplomatic trip to China, South Korea and Japan).

4. SUPREME COURT. On Wednesday, the court heard arguments in a racial gerrymandering case in a challenge to the congressional redistricting plan that South Carolina's GOP-controlled legislature

enacted in the wake of the 2020 census. The case is Alexander v. South Carolina Conference of the NAACP.

5. BORDER NEWS. Last week, the Biden Administration announced that the U.S. would resume building a 20-mile portion of the Trump border wall on the U.S.-Mexico border in Starr County, TX, and restart deportations to Venezuela. According to The New York Times, U.S. Border Patrol agents have made more than 2 million arrests at the southwest border this year.

6. SEPTEMBER JOBS REPORT. Last Friday, the Labor Department announced that the U.S. economy added an unexpectedly strong 336,000 jobs in September, with the unemployment rate holding steady at 3.8%.

7. STUDENT DEBT RELIEF. On Sunday, President Biden announced that an additional 125,000 Americans have been approved for \$9 billion in debt relief through fixes his Administration has made to income-driven repayment (IDR) and Public Service Loan Forgiveness, and by canceling debt for borrowers with total and permanent disabilities. The announcement brings the total approved debt cancellation by the Biden-Harris Administration to \$127 billion for nearly 3.6 million Americans.

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Huntsville 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.

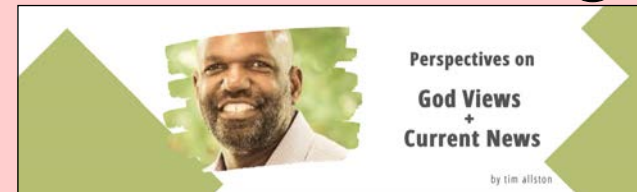
Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m. For more information, call (256) 427-5011.

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NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.



News Flash 2.0: Trump is NOT the Enemy!

"For we wrestle not against flesh and blood, but against principalities against powers, against the rulers of the darkness of this world; against spiritual wickedness in high places." - Ephesians 6:12.

Donald Trump is arguably the world's most newsworthy person. Newsworthy? Yes, but to many not praiseworthy.

Choose from your Trump "pick 6"

Take your pick of either the case of:

1. Stormy Daniels Hush Money (New York); or
2. Election Tampering (Georgia); or
3. Mar-a-Lago Classified Documents (Washington, DC); or
4. Sexual Assault (NY); or
5. January 6 and 2020 Election Aftermath (DC); or
6. Business Fraud (NY), ...

... and therefore, he is currently known as "Defendant Trump."

And while it's quite comforting for some to gang-tackle the one-term twice-impeached former president due to these allegations, there is one thing that you and I must remember and never forget:

Donald Trump is NOT the enemy.

Just ask the Apostle Paul and even Malcolm X.

Paul's Warning to the Ephesians

Speaking to the early Christian church at Ephesus, Paul cautioned them with the words from the above Bible text: "For we wrestle not against flesh and blood, . . ."

Here, the New Testament evangelist admonished these new Christians not to demonize the wrongdoings of fellow countrymen, but instead point them to and expose their Enemy #1, Satan - "the ruler of the darkness of this world."

The "X" Factor

Likewise and although addressing the more specific matter of electoral politics in 1964, Malcolm X zeroed in on the same issue at hand, declaring, "Whether you use bullets or ballots you've got to aim well; don't strike at the puppet, strike at the puppeteer."

Both of these former religious leaders were seeking to make their followers wary of the dangers of expending too much of their energies on those who for a brief moment in time make noise but eventually burn themselves out; but by attacking Satan as the ultimate enemy of good, a greater sustained peace and resolution will be achieved.

At best, flesh-and-blood Trump is a momentary enemy-du-jour.

With God's help, however, you and I can escape becoming Satan's soup-du-jour!

Tim Allston, Leadership Coach and Three-time Amazon Best-selling Author, Leading from the Middle
(256) 212-0949 - www.timallston.com
https://www.timallston.com
leadingfromthemiddle.tim@gmail.com

Workshop Set for Huntsville-Based Musicians

Musician Changemaker Accelerator (MCA) Workshop - a full-day incubator for Huntsville-based musicians - on Wednesday, October 18, from 9 a.m.-5 p.m. at Lipz Lounge at Straight to Ale in collaboration with Lead Community Partner United Way of Madison County, as well as the Huntsville Music Office and Music Cities Convention.

The MCA Workshop will engage up to 15 musician changemakers who have ideas for building positive, music-driven, and sustainable community programs.

Cathy Miller, Community Impact Director at the United Way of Madison County, notes, "Together with our new friends from Music to Life, we celebrate the impact this exciting new initiative can have in our fast growing community, today and in the future, and look forward to playing a role in empowering our

talented musicians here in Madison County to become advocates and philanthropists."

The MCA is a 'deep-dive' business-skills session where social change artists receive training in proposal development, identifying good-fit partners and mobilizing community support.

The MCA also connects artists with local community advocates and industry innovators like David Gallaher of Microwave Dave Music Education Foundation, April Clark of Reach and Teach, and Patrice Bivins of Valley Arts Entertainment, Inc.



Miller

Finally, the MCA pairs artists with volunteer mentors from the Alabama SCORE chapter and Maitland Conservatory for post-training technical assistance and program troubleshooting.

"Our work around the country empowers musicians to put their creative

ideas for community healing into practice," says Liz Stookey Sunde, Co-Founder & Executive Director of Music to Life. "Our goal is to help heart-driven artists collaboratively address the causes that need their attention while also sustaining themselves financially and spiritually."

Participating artists receive a full package of benefits including: complimentary pass to the Huntsville Music Cities Convention (\$350 value; thanks to the Music Cities Convention), \$50 stipend, complimentary breakfast and lunch, and all Accelerator training and materials (estimated total value of \$1K).

Huntsville's Music Officer, Matt Mandrella, states: "Liz Sunde (ED of Music to Life) is one of the most passionate people I've ever met in the music space. I think it speaks volumes about the talent here in our local artist community that she and Music to Life are now committed to bringing their programs to the Hunts-

ville music ecosystem and providing the resources and mentorship our musicians need to enhance the wellbeing of our community."

Applications were open to musicians with ideas for community-based programs; participation was limited to 15 musicians.

Music to Life is a national nonprofit, founded by Noel Paul Stookey (Peter, Paul & Mary) and daughter Liz, to connect socially conscious musicians with the resources to realize their visions for community change. www.musictolife.org

Music to Life also gives special thanks to its national partners: The Mellon Foundation, Hipgnosis Songs Fund and WMG / Blavatnik Family Foundation Social Justice Fund.

UWMC works to identify the health and human service needs in Madison County, Alabama, and work with donors, volunteers, and partner agencies to develop and implement effective strategies and solutions.

Music Cities organizes the biggest international conference on the topic of music cities, music policy and music tourism. <https://www.musiccitiesevenets.com/>

The Huntsville Music Office creates a more dynamic music environment, from education to creation, production and performance, in a way that strengthens Huntsville's growing economy. <https://huntsvillemusic.com/about/>

ON THIS DAY



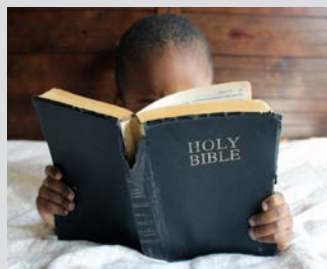
On October 13, 1792, with the ample assistance of slaves and free African Americans, construction began on the construction of the White House with the laying of the cornerstone. Three of the slaves were owned by White House architect James Hoban.

- clarionledger.com

*Patriotism has no appeal to us; justice has.
Party has no weight with us; principle has.
Loyalty is meaningless; it depends on what one is loyal to.*

- A. Philip Randolph

This Sunday's Lectionary



Sunday, October 15, 2023

Twentieth Sunday
after Pentecost

(Track 2, Year A)

First Lesson:

Isaiah 25:1-9

Psalm 23

Second Lesson:

Philippians 4:1-9

GOSPEL:

Matthew 22:1-14



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Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

Mother Hazel Hawk

For many decades, Hazel Lullean Ford Hawk has contributed services to the community in a multitude of ways ranging from feeding the hungry, to caring for the young and elderly. Born as Hazel Lullean Ford on October 1, 1933, Hazel Hawk was the eldest of 14 children. Her large family, rooted in rural Alabama, contributed heavily to Hazel's early first love for feeding people.

Hazel first attended New Market Elementary/Middle School and then Council Training High School. She later studied at Alverton-Draughon College of Huntsville from 1976-1977 where she studied Business Administration. She went on to work a combined 32 years managing food operations for the Madison County school system at Famer's Capital School (now Lynn Fanning Elementary) and for Kroger, retiring in 1990. She often raised money for Farmer's Capital by selling her famous bread rolls during community fundraisers.

Throughout her career, Hazel fed thousands of people. However, her work did not stop there. Hazel began feeding the elderly and those who were less fortunate out of her own home, often harvesting many of her own crops for the efforts. She created soulful plates throughout the year, especially during the Holidays. Hazel always said, "Even closed mouths need to be

fed." As long as she was able, she ensured everyone was fed without ever having to ask.

As early as the 70's, Hazel began regularly visiting and caring for the sick and shut-in. She currently visits and calls numerous friends, church members and associates weekly, offering positive spirits and good conversation. From 2000-2003, Hazel provided nursing care to seniors with varying levels of disabilities at Agape Village Nursing Home. There she was recognized for her ability to bring joy and uplift those who weren't well.

When Hazel wasn't visiting the elderly; she was making an impact with the youth. For more than 25 years, Hazel was heavily involved in offering not-for-profit child care services. She co-managed a home daycare from 1990-2001 where she helped numerous parents who could not always afford to pay regular childcare fees. Hazel opened her doors by mentoring, educating and caring for youth. She was heavily involved with the Boys and Girls Club of Huntsville and also taught as a substitute teacher for the Huntsville City School system after retirement. As an advocate for the Voting Rights Act, Hazel worked with District 1 City Councilman Richard Showers to get citizens registered and ready to vote. Hazel's civic duties also included participating in clothing drives for the needy, 4-H club



and AARP membership.

Following retirement, Hazel had the chance to travel the world. Hazel was an active member of the Order of the Eastern Star from 1961-1989. To date, Hazel has been a member of Union Chapel Missionary Baptist Church, under the leadership of Dr. O. Wendell Davis, since 1991 where she is currently active in the Mothers' Ministry and Senior Adult Ministry (S.A.M.). She served as Co-Chairperson of the nationally known Grandparents' Day Program where she moderated Union Chapel's event to celebrate the connections between generations.

Throughout it all, Hazel further proved her strength as a strong, faithful and courageous individual after being diagnosed with colon cancer in May 2008. Hazel married her biggest supporter, the late Arthur "Jake" Hawk. From that union, came her main support system: 7 children, 22 grandchildren, 25 great grandchildren, 4 great-great grandchildren and 2 God children.

ACES Announces Hiring Opportunities Across State

The Alabama Cooperative Extension System is looking for talented, experienced individuals to join their team. The Extension currently has positions open across the state of Alabama:

Community Resource Development Program Coordinator – Montgomery, AL
Urban Regional Extension Agent – Finance and Family Development – Montgomery, AL

Urban Regional Extension Agent – Forestry, Wildlife, Natural Resources – Houston County, Dothan, AL
Urban Regional Extension Agent – Health and Human Nutrition – Baldwin County, Bay Minette, AL
Extension Specialist – Animal Sciences/Small Ruminants – Alabama A&M University, Huntsville, AL
Accountant I – Alabama A&M University, Huntsville, AL

Alabama Extension operates as a system employing both Alabama A&M and Auburn employees. The unique structure offers opportunities at two of Alabama's premiere institutions. All positions operate under the purview of the system, but are employees of their affiliated university. Learn more about these and other opportunities and apply at: <https://www.aces.edu/go/3683>

Alabama A&M University Bulldog Football 2023

September 2 (L, 47-13)
 @Vanderbilt University
 FirstBank Stadium
 Nashville, Tenn. - 6 p.m.

September 9 (Crews Classic)
Lane College (W, 51-13)
Louis Crews Stadium
Huntsville, Ala. - 6 p.m.

September 16
 @Southern U. (L, 20-10)
 A.W. Mumford Stadium
 Baton Rouge, La. - 6 p.m.

September 21 (Thursday)
UAPB (W, 31-24)
Louis Crews Stadium
Huntsville, Ala. - 6:30 p.m.

September 30 (Homecoming)
Tuskegee (W, 58-3)
Louis Crews Stadium
Huntsville, Ala. - 2 p.m.

October 7 (Gulf Coast Challenge)
Jackson State (L, 45-30)
 Ladd-Peebles Stadium
 Mobile, Ala. - 4 p.m.

October 14
 @Grambling State
 Eddie G. Robinson Memorial Stadium
 Grambling, La. - 3 p.m.

October 28 (Magic City Classic)
 Alabama State
 Legion Field

Birmingham, Ala. - 2:30 p.m.

November 4
Florida A&M
Louis Crews Stadium
Huntsville, Ala. - 1 p.m.

November 11
 @Bethune-Cookman
 Daytona Stadium
 Daytona Beach, Fla. - 12 p.m.

November 16 (Thursday)
Mississippi Valley State
Louis Crews Stadium
Huntsville, Ala. - 6 p.m.



"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at www.rosettajamesfoundation.org. Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to info@valleyweeklyllc.com.

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An Honest Moment on Triple Negative Breast Cancer

To understand triple-negative breast cancer, a person needs to know more about the three major types of breast cancer. These are:

- estrogen receptor-positive
- HER2 receptor-positive
- progesterone receptor-positive

Progesterone receptor-positive and estrogen receptor-positive are the most common types of breast cancers.

For people who develop one of these types of cancers, there are hormonal therapy options that can help attack the cancer cells. If one therapy does not work, often another therapy may.

Another common breast cancer type is HER2 receptor-positive. In cases of HER2, the cancer cells have an abundance of HER2 receptors on their surfaces. Similar to the breast cancers caused by hormone receptors, HER2 breast cancer can be treated with different therapies that target the HER2 receptor.

Triple-negative breast cancer refers to cancer that has not tested positive for any of the three other types. It is also the least common form of breast cancer and the hardest to treat.

Unlike the three main types, triple-negative breast cancer has no targeted therapies available, currently. It is also more likely than the other types of breast cancer to spread and recur.

Causes

Currently, researchers are interested in finding out more about some of the risk factors for developing triple-negative breast cancer. Those that researchers have identified so far include:

Obesity and inactivity

People who are obese and have a higher BMI have been found to be more at risk of developing triple-negative breast cancer. These categories tend

to include those who are not very active.

Genetics

Individuals with mutated genes are at higher risk for triple-negative breast cancer, as well as other common cancers.

A family history of breast cancer can help determine if someone is at a higher risk of developing breast cancer in the future.

Age

Some research suggests that age may play a role in an increased risk of developing triple-negative breast cancer.

Premenopausal women have been found to develop triple-negative breast cancer more often than postmenopausal women.

Race or ethnicity

Some studies suggest that certain backgrounds may make people more susceptible to triple-negative breast cancer. Disproportionate numbers of cases of triple-negative breast cancer affect African-American women.

Pregnancy

Some studies suggest that whether a woman has ever been pregnant plays a role in increasing or decreasing her risk of triple-negative breast cancer.

Women who have had children tend to be more at risk than those who have not. Similarly, women who only have one child are less likely to develop triple-negative breast cancer than women with multiple children.

Symptoms



The majority of women with breast cancer do not have any signs or symptoms when diagnosed. However, it is possible for women with the disease to experience breast changes or symptoms. Many times, the cause of a symptom may be a different medical condition that is not cancer.

The signs and symptoms that should be discussed with a doctor include:

- A lump that feels like a hard knot or a thickening in the breast or under the arm. It is important to feel the same area in the other breast to make sure the change is not a part of healthy breast tissue in that area.
- Change in the size or shape of the breast
- Nipple discharge that occurs suddenly, is bloody, or occurs in only 1 breast
- Physical changes, such as a nipple turned inward or a sore in the nipple area
- Skin irritation or changes, such as puckering, dimpling, scaliness, or new creases
- Warm, red, swollen breasts with or without a rash with dimpling resembling the skin of an orange, called “peau d’orange”

it should be reported to a doctor.

If you are concerned about any changes you experience, please talk with your doctor. Your doctor will ask how long and how often you have been experiencing the symptom(s), in addition to other questions.

Exams and Tests

Diagnosis of triple-negative breast cancer

starts with detection.

As with other breast cancers, a person may feel a small, hard bump on or near

their breast. In other cases, a routine scan of the breasts may reveal an area of concern.

Once the growth is detected, a doctor will need to take tissue samples from it. In many cases, this is done with a needle that extracts samples from the suspected lump. The samples are sent to a lab for further testing.

The lab will return a pathology report to the doctor detailing what the growth is made of. In some cases it is benign, meaning there are no cancer cells. Other times, the pathology report indicates that it is cancerous.

What type of breast cancer a person has will be highlighted by the pathology report as well. Someone whose cancer does not fit into one of the three main categories will receive a diagnosis of triple-negative breast cancer.

- blackdoctor.org

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