

# Breast Cancer and the Black Male - p. 8

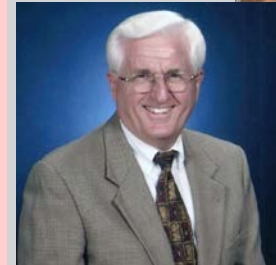
**FREE**



## So Real with Cynthia Joiner - p. 7

Friday  
October 20, 2023  
Vol. 10, No. 7  
ValleyWeeklyllc.com

**SALUTE!**  
Rosetta James Foundation  
ELDER OF THE WEEK



Mr. Charles "Chuck" Vedane

LAKESIDE UMC's 123rd Harvest - p. 5

# The Valley Weekly

PRESTON: Practice What You Preach - p. 3

"Without culture, development falls apart." - Calvin Otis Butts III

## County Initiates 'Operation Green Light' for Vets

In advance of the upcoming Veterans Day holiday, the Madison County Commission announces plans to illuminate county buildings green from October 12–November 11 as part of Operation Green Light for Veterans.

This is a nationwide effort uniting counties to support military veterans led by the National Association of Counties. Spearheaded locally by Commissioner Violet Edwards, Operation Green Light raises awareness around the unique challenges many veterans face. The commission is

partnering with Still Serving Veterans to inform the community about the county, state, and federal resources available to assist veterans and their families.

In its second year, Edwards introduced a resolution designating Madison County as a "Green Light for Veterans" county. In 2022, over 300 counties nationwide participated.

"Operation Green Light is a gesture of support and appreciation for the public



service of our veterans," said Commissioner Edwards. "With hundreds of counties coming together

to light everything from bridges to courthouses, we know veterans across the country will see and feel the gratitude we all feel for their service and sacrifices."

In addition to lighting county buildings, residents and businesses are encouraged to participate by simply changing the exterior light bulb of their home

to a green bulb. Shining a green light lets our veterans know they are seen, appreciated, and supported.

The non-profit Still Serving Veterans (SSV) is partnering with the county in resource information distribution. It provides veteran-to-veteran career services at no cost.

"A simple green light is a great way for everyone to show their gratitude for the sacrifices our Veterans made and to let them know that we are here to support them," said Richard Landolt, President and CEO of Still Serving Veterans.

## Huntsville Master Chorale to Honor Area Vets

The Huntsville Master Chorale will perform a free Veterans Salute concert in honor of all veterans on Friday, November 10, at Trinity United Methodist Church, located at 607 Airport Road, Huntsville, Ala., at 7 p.m.

In collaboration with Rocket City Bones, the concert will be a special tribute to "those who have served to defend our freedom," according to organizers.

The Huntsville Master Chorale provides vibrant musical performances, developing singers,



commissioning original compositions, and promoting community through choral singing and collaborating with other local arts groups.

HMC is a 501(c)(3) non-profit organization. All donations are 100% tax deductible.

For more info, contact Sherry Castle Boyer at [sherry@castlemedia.net](mailto:sherry@castlemedia.net).

## New Poetry Press Launch Party in Florence

The Kennedy-Douglass Center for the Arts is excited to host an evening of poetry to celebrate the launch of Seven Points Press, sponsored by Artist Gathering group, on Thursday, October 19, from 6-8 p.m. at 209 East Tuscaloosa St. in Florence.

The event will feature free poetry readings, music and refreshments.

The mission of Seven

Points Press is to offer unpublished and under-published creative writers and other artists associated with the Shoals area of Alabama the opportunity to bring their work to print. It is a non-commercial enterprise designed to ensure that any profit accruing from the sale of the author's work goes directly to the author.

The event will feature the

poetry of Jake Berry, Dorlea Rikard, Chris Mansel, Jeanie Thompson, Tyler Young, and Jason McCall.

The Kennedy-Douglass Center for the Arts is free and open to the public Monday - Friday from 9 a.m.-4 p.m. and on Sundays from 1-4 p.m. The art center is located at 217 E. Tuscaloosa St. Florence, Ala., and can be reached by calling (256) 760-6379.

### Dedication and Unveiling Ceremony for Councill High Student Statues

William Hooper Councill High School Memorial Park  
Erected by City of Huntsville, Alabama and the William Hooper Councill High School Alumni Assn.

Tuesday, October 24  
11:30 a.m.  
620 Saint Clair Avenue  
Huntsville, Ala.

# The Valley Weekly

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The Valley Weekly

**Publisher**  
The Valley Weekly, LLC

**Editor-in-Chief**  
Dorothy W. Huston, Ph.D.

**Editorial Consultant/  
Senior Editor**  
Jerome Saintjones, Ed.S.

**Editorial Assistants**  
Linda Burruss  
Phyllis Chunn  
William Huston, Sr.  
Gary T. Whitley, Jr.

**Advertising Associate**  
Phyllis Chunn

**Contributing Editors -**  
tim allston  
Lamar A. Braxton, Jr.  
Minister Preston Brown  
Gloria B. Caldwell  
Ron Hamm  
Margaret Kelly, Ph.D.  
Gary T. Whitley, Jr.

**Website Administrator**  
Calvin Farier

**Mailing Address:**  
The Valley Weekly  
2204 Whitesburg Drive- Suite 220  
Huntsville, AL 35801  
(256) 651-9028  
[www.valleyweeklyllc.com](http://www.valleyweeklyllc.com)  
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	1 col.x1 inch	\$100/Flat Fee

The Valley Weekly  
**Washington  
One Minute**



by Ron Hamm

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

1. CONGRESS. The Senate comes back into session this week and the full House was expected to vote on a new Speaker on Tuesday. Last Friday, Rep. Jim Jordan (R-OH) defeated Rep. Austin Scott (R-GA) in a secret ballot vote of 124-81 in the House GOP Conference to be become the new choice to replace ousted Speaker Kevin McCarthy (R-CA). The GOP Conference first chose Rep. Steve Scalise (R-LA) who later withdrew from the race on Thursday. A second vote Friday asking how Members would vote on the House floor gave Rep. Jordan 152 votes (with 55 voting no) but is still 65 votes short of the 217 votes needed. Last Thursday, 14 Senators, led by Sens. Jacky Rosen (D-NV) and Joni Ernst (R-IA) sent a letter to Secretary of State Blinken urging the Biden Administration to reverse course

on the \$6 billion in frozen Iranian oil revenue that was freed up in September in a prisoner swap.

2. THE WHITE HOUSE. On Monday, President Biden traveled to Pueblo, CO, to tour the CS Wind Factory, the largest wind turbine tower manufacturer in the world. First Lady Jill Biden was in Cocoa Beach, FL, Monday, where she toured the Patrick Space Force Base. On Wednesday, the President and First Lady hosted a reception at the White House for Hispanic Heritage Month. On Friday, the President will host European Council President Charles Michel and European Commission President Ursula von der Leyen for the U.S.-E.U. Summit. Last Friday, the President met virtually with the families of missing Americans presumably taken hostage by Hamas militants after their invasion of Israel. On Saturday night, the President and

First Lady attended and delivered remarks at the Human Rights Campaign's Annual Dinner in D.C. and Sunday the President ordered a 2nd carrier strike group led by the USS Dwight D. Eisenhower to the Eastern Mediterranean.

3. IRAN HEARING. The House Homeland Security Committee scheduled a hearing on Wednesday on threats emanating from Iran and its support of proxies (e.g., Hamas and Hezbollah). The hearing was also expected to discuss the Biden's Administration's unfreezing of \$6 billion in Iranian oil revenue in September as part of a prisoner release deal in which 5 American citizens were freed. In related news, the White House is expected to transmit a new supplemental spending request

to Congress this week for addition funds for Israel, Ukraine, and FEMA.

4. INFLATION REPORT. Last Thursday, the Bureau of Labor Statistics reported that annual inflation held at 3.7% in September, unchanged from the previous month. Notable increases include an 18.9% annual increase in the costs of auto insurance and admission to sporting events. Gas prices were up 2.1% in September, a sharp decrease from August's 10.6% jump. The core inflation rate (stripping out energy and food costs) fell to 4.1% in September from August's 4.3%.

5. 3Q CAMPAIGN TOTALS. On Sunday, the Biden campaign announced it had raised \$71 million in the 3rd quarter from 843,000 donations, includ-

ing 240,000 new donors. The Trump campaign significantly outtraised its GOP rivals garnering \$45.5 million in the 3rd quarter with \$37.5 million currently on hand. The Biden campaign currently has \$91 million on hand.

6. HIGHER EDUCATION. On October 17, Hamm Consulting Group participated in a briefing hosted by the American Council on Education to examine the impacts of the chaos and uncertainty in Congress on the higher education agenda for 2023 and beyond.

Hamm Consulting Group  
300 New Jersey Ave, NW Suite 900  
Washington D.C. 20001  
T: 202-596-8384  
[rhamm@hammconsulting.com](mailto:rhamm@hammconsulting.com)  
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## LearningQUEST Offers Operatic Gift

LearningQUEST is offering to the community a free presentation of Opera Huntsville's "Goldie B. Locke & the Three Singing Bears" on Saturday, October 21, via two performances (10 a.m. & 11:30 a.m.) at Trinity United Methodist Church, Wesley Hall, 607 Airport Road, Huntsville, Ala.

Bring grandchildren, family, and friends and see Opera Huntsville present an operatic version of "Goldie B. Locks and the Three Singing Bears."

In the original story, Goldilocks never actually meets The Three Bears; operatic Goldie begins to interact with the Bear family early in the story. Trying to find her way home after eating soup that doesn't belong to her, Goldie meets Peek, a little bear. Peek confides to Goldie that a sneaky robber snuck into his family's house that very morning, licked his spoon, and ate his soup. Goldie is horrified, for she knows, of course, that she's the sneaky soup robber. What should she do? Should she risk getting in trouble by telling the truth? Should she be dishonest and hope to avoid being punished? Goldie B.'s story unfolds much like the traditional Goldilocks, but with one important difference.

Goldie finally learns that honesty is always the best choice. Goldie resolves to tell the truth always, and whenever troubles make her sad, to share them with a trusted grownup, like a teacher, police officer, mom, or dad.

For more, call (256) 529-8695.



### NELMS MEMORIAL FUNERAL HOME

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Huntsville, AL 35816 - (256) 539-8189 - [www.nelmsmemorial.net](http://www.nelmsmemorial.net)

*Funeral service for MAJOR RONNIE STONE, U.S. Army, Retired (b. 1959) was held Saturday, October 14, 2023 at Saint James Primitive Baptist Church.*

*Funeral service for MS. PORSHA HOUSTON was Saturday, October 14, in the Nelms Memorial Funeral Home Chapel.*

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

### ROYAL FUNERAL HOME

4315 Oakwood Avenue NW  
Huntsville, AL 35810 - (256) 534-8481 - [www.royalfh.com](http://www.royalfh.com)

*Funeral service for MRS. MEALIE REDUS (b. 1938) was Tuesday, October 17, at the Round Island Creek Mission Center (13829 Lucas Ferry Road, Athens, Ala.) with Pastor Bryce McMillon officiating.*

*Funeral service for MR. WILBUR EARL GRAHAM (b. 1963) was Saturday, October 14, at the Saint Rebecca Primitive Baptist Church (330 Grimwood Rd, Hazel Green, Ala.) with Elder Perry Clark officiating.*

*Funeral service for MR. QUINCY RAMON STEELE (b. 1979) was Saturday, October 14, at the Round Island Mission Center (13829 Lucas Ferry Rd, Athens, Ala.) with Pastor Willie Byrd officiating.*

*Funeral service for MS. FELICIA ANN TIMMONS (b. 1977) was Saturday, October 14, at the Moses Chapel Primitive Baptist Church (372 Mose Chapel Road, Madison, Ala.) with Pastor Dennis Jones officiating.*

*Memorial service for MRS. ALISA ANN SIMIEN (b. 1964) was Saturday, October 14, 2023, at the Royal Chapel of Memories.*

### SERENITY FUNERAL HOME

2505 University Drive NW  
Huntsville, AL 35816 (256) 539-9693 - [www.serenityfuneralhm.com](http://www.serenityfuneralhm.com)

*Graveside service for MS. GILLIE BULLOCK (b. 1964) was held Wednesday, October 18, at Northside Cemetery, 1700 Jordan Lane, Huntsville, Ala.*

*Funeral service for MS. NANCY KEITH (b. 1953) was held Friday, October 13, at Serenity Funeral Home Chapel.*



## Learning to Practice What You Preach

James 1:22 says, "Do not merely listen to the word, and so deceive yourselves. Do what it says."

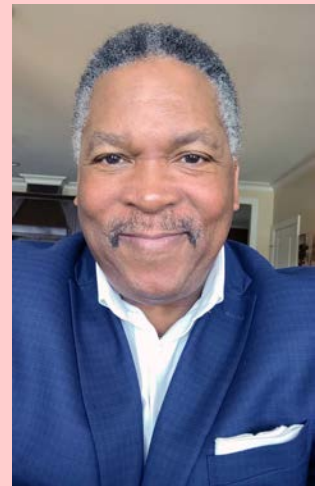
When we look at our lives, it is easy to say that we are Christians, but that is not enough. If we are truly Christians, our lives and our actions should show it. Now we all have bad days sometimes. They can happen to the best of us. Even people with great faith can have weak moments. However, most of the time, people should know who we are and who we represent. In other words, if you were accused of being a Christian, would they have enough evidence to convict you?

James's main idea in this scripture is that Christian-

ity is not about what we think or say; it is about what we do. In other words, our actions matter. So, James points out three things that we as Christians must do. First, we must control our tongues.

How many times have we said something that we later regret? Second, we must have compassionate spirits and be willing to help another person in need. The parable of the Good Samaritan

comes to mind. So often we may say that we want to help, but when the situation presents itself, we do nothing. Third, we need to live clean lives. True Christians are people who live in the world, but will not let the world live in them. Remember, the "fruits of the spirit" found in Galatians 5:22 are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.



Even though we are all sinners, true Christians are commanded to live upright and moral lives. We can only achieve this through practicing what we preach.

May God grant you spiritual success in practicing what you preach.

*Question:* If you were accused of being a Christian, would they have enough evidence to convict you?

Stay encouraged my brothers and sisters and make sure you purchase a copy of my books *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life* at [amazon.com](http://amazon.com), Westbow Books or, if you have a PayPal account, email me at [prestonbrown81@gmail.com](mailto:prestonbrown81@gmail.com), and I will send you an autographed copy.

*Next Week:* "Roses among Thorns"



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**October 19**  
 The Kennedy-Douglass  
 Center for the Arts/Artist  
 Gathering Group  
 Launch of Seven Points  
 Press  
 209 East Tuscaloosa Street  
 Florence, Ala.  
 6-8 p.m.

**October 20**  
 Mystic Forest Fantasy  
 Masque II  
 Embassy Suites  
 7 p.m.

**October 20, 21 & 27**  
 Haunted Hill Haunt4Char-

**October 24**  
 Dedication and Unveiling  
 Ceremony  
 Council High Student  
 Statues  
 William Hooper Council  
 High School Memorial  
 Park  
 [Erected by  
 City of Huntsville, Alabama  
 and the  
 William Hooper Council  
 High School Alumni Asso-  
 ciation]  
 620 Saint Clair Avenue  
 Huntsville, Ala.  
 11:30 a.m.

**October 28**  
 Anita Baker  
 Concert  
 The Birmingham Jefferson  
 Civic Center (BJCC)  
 Tickets: Via Ticketmaster  
 Birmingham, Ala.  
 8 p.m.

**November 4**  
 Bulldog Football vs. Flori-  
 da A&M  
 Louis Crews Stadium  
 Alabama A&M University  
 1 p.m.

**November 10**  
 Veterans Salute Concert  
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 Huntsville Master Chorale  
 Trinity United Methodist  
 Church  
 607 Airport Road  
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"In every truth, the beneficiaries of a system cannot be expected to destroy it."

- A. Philip Randolph

# Tommy Battle Announces Plan for 2024 Mayoral Campaign

Wednesday, October 11, 2023

Historic Huntsville Depot Roundhouse

Photos by William & Dorothy Huston

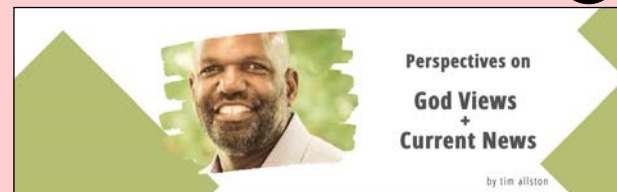


## Lakeside UMC Readies for 123rd Harvest Celebration, Turkey Giveaway

Lakeside United Methodist Church continues to move forward fulfilling the mission of loving and leading people to Jesus Christ by following, sometimes, traditions. The upcoming celebration of the **123rd Harvest Celebration** commemorates the first observance on November 3, 1901, in the church edifice on Jefferson Street in downtown Huntsville, AL. It started as a festival of Harvesting during the season of the gathering of crops, a season of rejoicing for the crops and a festival to give thanks for the abundance of food enjoyed by many.

Today, the expanded traditions continue in the decorations, worship and songs, children's pantomime to the hymn, "Bringing in the Sheaves", memorial tributes, and the invitation to follow the Harvester of souls. The speaker for the 2023 celebration on **November 12, 2023**, during the 11 a.m. worship service at the church, 3738 Meridian Street, NE, Huntsville, will be Dr. Clarence Sutton, superintendent of Huntsville City School System. Please join us in celebratory worship.

As the world situations change, our celebration has taken on greater awareness of Lakeside's role in our community. We are striving to join others in raising awareness of hunger that exists in all parts of the world, particularly, in our community and the significance of the church in today's world. On **November 18, 2023**, Lakeside will sponsor a **turkey with trimmings giveaway** at the church. For additional information, call the church at (256) 536-9400.



## TVW Columnist uses the Bible to predict the next NBA Dynasty in the latest book, Where Jump Shots Meet Jesus

*"Write down this vision. Write it clearly on tablets, so that anyone who reads it may run."* - Habakkuk 2:2

The NBA's 77th season begins on October 24th with a prediction:

Tim Allston predicts the next winning NBA championship dynasty in his latest book, *Where Jump Shots Meet Jesus*, [www.timallston.com](http://www.timallston.com).

"Perhaps unknowingly, the last five winning NBA championship dynasties used Jesus Christ as their model," he cites in the new print/digital/audio-book.

Led by NBA "servant leaders" Bill Russell, Magic Johnson, Scottie Pippen, Kobe Bryant, and current star Steph Curry the 1950s-60s Boston Celtics, 80s Los Angeles Lakers, 90s Chicago Bulls, 2000s Lakers, and 2010-2020s Golden State Warriors, respectively, won not just championships, but dynasties.

Seven NBA teams have won one championship and five only two. And because the Bible and I are fixated on the number "3" which, like "7," symbolizes completeness, wholeness, and perfection "I define NBA dynasties as having won three titles in the shortest time span: either three in a row or three in four years - such as those teams mentioned."

Each of those dynasties and their servant leaders demonstrated three central characteristics:

1. Like Jesus Christ, their top leaders "served rather than be served" (Mark 10:45);
2. The leaders served by creating higher scorers who, along with their coaches, are inducted into the Naismith Basketball Hall of Fame - except for current NBAers Steph Curry and his coach Steve Kerr; and
3. To serve and win dynasties, each leader "stayed at home" versus leapfrogging from team to team to win only championships.

That third point is not only for the NBA, but also for husbands and fathers who wish to create dynasties in their own homes, workplaces, and places of worship, Allston continued.

Allston concludes by making three requests:

1. Purchase *Where Jump Shots Meet Jesus* at [www.timallston.com](http://www.timallston.com), and receive your free audiobook version;
2. Join Tim Allston's 7-minute Book Review Challenge, [www.timallston.com/bookreviewchallenge](http://www.timallston.com/bookreviewchallenge); and finally
3. Answer the book's central question: When Jesus and the NBA meet at center court for the opening jump ball, who will win the tip?



## AAMU's 'Councill Collective' Boosts Social Media Strategy

This fall semester, the Office of Marketing, Communications, and Advancement at Alabama A&M University has created

a new creative content internship program that gives six students a unique opportunity to elevate the AAMU brand through social media, campus events, and other initiatives.

The "Councill Collective" is made up of student photographers, videographers, and graphic designers who support social media and other efforts.

"One of our key priorities is to create avenues for



student involvement within our team," said Assistant Vice President of Advancement and Branding Aaron Thompson. "As digital natives, our students bring tremendous value and insight to discussions about keeping the AAMU brand relevant through social media and digital marketing. This program leverages the power of our talented students to bring new life to our digital presence and allows us to tell stories in a

fresh way."

The first Councill Collective cohort includes: (l-r) Jeremiah McDow (Sophomore, Huntsville, Ala.), Kristin Patterson (Sophomore, Mobile, Ala.), Alexis Powell (Junior, Birmingham, Ala.), Trinity Shipman (Sophomore, Nashville, Tenn.), Joshua Stanford (Freshman, Atlanta, Ga.), and Christin Watson (Junior, Montgomery, Ala.).



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

## Mr. Charles "Chuck" Vedane

Mr. Charles "Chuck" Richard Vedane was born on a farm south of Lewis, Iowa, one of the three sons of Victor & Della Vedane.

By 1953, he was drafted into the U.S. Army and took basic training and anti-aircraft artillery radar operations training at Ft. Bliss, Tex. Following this intense training, Vedane was assigned to a base outside of Niagara Falls, N.Y.

From 1955-58, Vedane entered St. Louis University's Parks College of Aeronautical Technology, from which he graduated with a B.S. in aeronautics, and he secured

an airframe and engine license and a private pilot's license.

Vedane's productive career includes extensive stints with the Army Ballistic Missile Command in Huntsville, Ala.; Marshall Space Flight Center; and Teledyne Brown Engineering.

As a member of Trinity Methodist Church, Vedane in 1963 became involved in church and community affairs in response to the racial strife throughout the nation. He has amassed more than



50 years of work within the interfaith religious community to promote better relations across religious, racial, and cultural differences.

Vedane, who ran for Huntsville mayor in 1976, has been actively involved in a number of other volunteer efforts, as well.

Vedane and his (late) wife Lucy have two sons (Scott and Kyle) and a daughter (Rebecca).



"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](http://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](mailto:info@valleyweeklyllc.com).

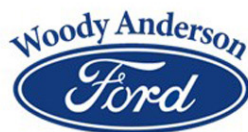


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**OCTOBER 20 - KAMALA HARRIS** is an American politician and attorney who is the 49th and current vice president of the United States. She is the first female vice president and the highest-ranking female official in U.S. history, as well as the first African-American and first Asian-American vice president. A member of the Democratic Party, she previously served as the attorney general of California from 2011 to 2017 and as a U.S. senator representing California from 2017 to 2021. She was born in Oakland, Calif., to an Indian biologist (mother) and Jamaican economist (father).  
- [BlackCelebrityBirthdays.com](http://BlackCelebrityBirthdays.com)



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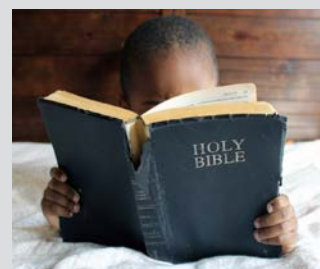
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Bus: 256-837-8899 Fax: 256-837-8225

[mary.spears.cffc@statefarm.com](mailto:mary.spears.cffc@statefarm.com)



## This Sunday's Lectionary



Sunday, October 22, 2023

Twenty-First Sunday  
after Pentecost

(Track 2, Year A)

First Lesson:

Isaiah 45:1-7

Psalms 96:1-9, [10-13]

Second Lesson:

1 Thessalonians 1:1-10

GOSPEL:

Matthew 22:15-22

## Kickin' It with C.J.! TVW Interviews Realtor Extraordinaire and Jazz Enthusiast Cynthia Joiner

**Editor's Note:** Cynthia Joiner is an active Huntsvillian who, after a brief move to Dothan, returned to the Rocket City, where she attended J.O. Johnson High School. She then studied marketing and business management at Alabama A&M University. In addition to handling her busy profession, Cynthia is the proud mother of three dynamic children (Ashleigh, Teighlor and David) and wife to businessman Keith Matthews. They continue a longstanding worship tradition at Center Grove United Methodist Church.

- J. Saintjones, Senior Editor

**TVW: Throughout the many hats you wear in real estate, what part do you enjoy most?**

CJ: Real Estate is a dynamic, ever-evolving and challenging career. It is also some of the most rewarding work I've ever done. I served in administration in the non-profit sector for nearly 15 years, where I was able to help the youth of Huntsville, then Atlanta, and see up-close the need for economic change in our impoverished communities. As a realtor, I can help be a catalyst for this change. I take great joy in helping adults, young and old, realize the dream of home ownership for the very first time.

**TVW: In your experience as a realtor and working with African-American couples, in particular, how does the lack of generational wealth among many blacks reveal itself?**

CJ: Home ownership, in my opinion, is the single most valuable asset required to create generational changes

in needy communities. Sharing that experience, when a first-time homeowner joins the club is why I do what I do: I know what impact it can have for generations to come--especially in the African-American community, where generational wealth is less prevalent. Purchasing that first home can be life-changing in many ways and, in a lot of cases, the first step toward breaking generational curses. The lack of generational wealth presents itself in many ways in our society but most obviously, during the home-buying process. It's difficult to come up with the resources required to purchase a home when no one in your family can assist and you simply haven't been able to save the funds on your own. I hand pick the lenders I recommend to my clients to make sure they're walked through the process correctly and not rushed to the closing table. It could take some time and sacrifice, but it's well worth it in the end.

The so called "icing-on-the-cake" for me is helping experienced homeowners upgrade or downsize after years of home ownership, in most cases signifying an accumulation of wealth and crossing another bridge toward financial stability. It's a joy for me to celebrate every phase of real estate with my clients, who often become life-long friends.

**TVW: As you approach your profession with what is gradually becoming 20 years of experience, are more African-Americans (descendants of slavery) taking an interest in and actually pursuing real estate?**

CJ: I feel like more African



Americans are taking an interest in pursuing a career in real estate. More of us have become financially capable and knowledgeable about the business. However, there are still challenges. The start-up cost, regular fees and transaction gaps can be very prohibitive without financial stability and a plan for success. I advise any realtor to keep several weeks' income saved up just in case there's a dry patch. I also advise them to prepare to hop in full time. A part-time avocation will yield part-time results.

**TVW: What are the largest barriers to their success in the profession?**

CJ: Some of the largest barriers to success for Black realtors is our network. A large majority of our clients and

referrals are people we've known for a while and, for most of us, we didn't attend the most affluent schools, organizations, etc., so our community is not as affluent. This could be a challenge leading to an income difference totaling hundreds of thousands of dollars. Another challenge is the social stigmas we place on each other. A lot of [blacks] feel that a Caucasian realtor will have better tools, different processes or a special system that other realtors don't have access to and that's largely not true. Most realtors use very similar tools, databases and search criteria.

**TVW: How has technology impacted the real estate field?**

CJ: Technology has greatly

impacted the real estate industry. For example, during COVID, when we were forced to separate, we had to develop new techniques that allowed us to consult with clients virtually, show a home using Facetime and actually close a transaction without having to be in the same city! All of these technologies existed before, but the past few years have allowed them to be really beneficial.

**TVW: How did your stint with HGTV emerge and what did you learn from it?**

CJ: HGTV reached out to me for a couple of years before I found time to shoot the "Hawaii to Huntsville" episode. I'm not sure how they found me, but it was a great experience. I must admit, I gained a new appreciation for the television production process, which was very time consuming and somewhat challenging, especially since we were filming during the peak of the pandemic. The episode has been a great marketing tool for me. Apparently, the episode airs frequently, because I still receive comments about it on a regular basis.

**TVW: What remains your greatest challenge in the profession, despite your experience?**

CJ: Despite nearly 20 year's experience, I wake up every morning thinking like I'm unemployed. I approach every day as a new opportunity to remind potential clients about my business. It's so easy for folks to forget about you, so you have to always be intentional about connecting with them. It could take years, so it's challenging

to stay on top of someone's mind when they're contemplating a real estate transaction, but it's very rewarding to get that call and hear them say they're ready to move forward, and they didn't forget about you.

**TVW: What led you to become sponsor of the annual fall jazz event?**

CJ: Being honest, enjoying live Jazz is one of my favorite things to do when I'm not working, and who doesn't love Big Spring Park? When I learned there was a need for sponsorship, it was just a natural opportunity for me to support the community I enjoy and love so much. My relationship with Jazz in the Park has just gotten better and better every year. We just completed the 2023 season, and it was amazing! It was the largest crowd I've ever seen in Big Spring Park East, and we all left wanting more. I'm so grateful for the awesome talent, awesome weather and beautiful vibe we had this year. I've noticed that there are 5 Sundays in September next year, so I'm really excited to see what the plans are for that! I can't thank and congratulate Kenny Anderson and the City of Huntsville enough for a job very-well done.

**TVW: What words of encouragement would you offer others interested in the profession?**

CJ: Real estate is a professional service, so represent yourself in the industry appropriately, and you will be rewarded. Be patient, be a planner and be persistent. Additionally, be passionate about whatever path you choose in life.

# The African-American Male and Breast Cancer

One of the biggest types of stigmas in the world is breast cancer. You're probably wondering how breast cancer can be stigmatized if there are so many organizations, movements, and even dedicated colors and symbols for breast cancer right? Since breast cancer affects one specific gender the most, of course, it can't be stigmatized for them, but what about the other gender? When you see these movements, posters, ads, charities and organizations about bringing awareness to breast cancer and fighting for more research, the first thing that comes to your mind is women. Why? Usually, that's who develops breast cancer the most, but did you know that men can develop it too? So if men can develop breast cancer as well, why isn't it talked about as much? Simple, because of stigmas.

## Can Men Actually Develop Breast Cancer?

It might not happen as commonly as women, but men can develop breast cancer and more light needs to be shed on it. Doctors aren't sure what truly causes breast cancer in men but what they do know is that it usually occurs when the breast cells divide more rapidly than healthy cells.

These cells then form a tumor and metastasize to nearby tissue. In men, breast cancer can form in a few different places. One of them is the milk ducts. This is usually where most men develop breast cancer.

Another area where men can develop breast cancer

is in the lobular carcinoma, also known as the milk-producing glands, though this is a rarer type of cancer

for men. Then there is nipple and inflammatory breast cancer and Paget's disease which are other ways for men to develop breast cancer if they experience any of these.

## What Are the Odds of Men Developing Metastatic Breast Cancer?

Since men can develop breast cancer, it's important to know if they can develop different types of breast cancer as well.

Only one percent of breast cancer occurs in men overall and as stated before, almost all breast cancer cases found in men, developed in their milk ducts.

When it comes to metastatic breast cancer, some men can develop it from the start. Metastatic breast cancer occurs when undiagnosed breast cancer cells have spread to other parts of the body. Doctors refer to this as *de novo* breast cancer. Men are usually diagnosed with a more advanced stage of

cancer because since it's so uncommon for men to develop breast cancer, they don't get checked for it the

way women are pushed to. This means that if a man is to develop breast cancer, he is more than likely going to develop metastatic breast cancer.

The risk factors of developing breast cancer include having a family history of breast cancer, genetic mutations (BRCA1 or BRCA2 gene), having high estrogen levels, getting older, exposure to radiation and more.

## What to Do If You Are Concerned

If you are concerned that you or someone you know may be dealing with breast cancer, knowing what to look for will help you determine your next steps. Much like women, men should also be encouraged to check for lumps.

These self-checks play an important role in detecting breast cancer early. When looking for male breast cancer, one of the main signs will be a lump in the breast that feels like

a hard pebble.

Other symptoms that show breast cancer may have developed are nipple

in the breast (puckered, redness, soreness, dimpling, etc.), change in the shape of the breast and more. These are the same signs that women look for if there is breast cancer developing.

## How to Destigmatize Breast Cancer

In order for the stigmatization of breast cancer and men to dissipate, it starts with bringing more awareness to the situation. Oftentimes when men develop breast cancer, they think something is wrong with them or they feel emasculated because it's a "woman's" disease.

Anyone can get breast cancer, even children, so it's time to start talking more

about it. Men need to show up more for other men and stop making them feel bad about something that can happen to anyone.

Pushing for men to get mammograms more often, creating more and shedding light to support groups for men with breast cancer, getting tested regularly for other types of cancers and illnesses and speaking up about men with breast cancer are all ways to help destroy the stigma.

It's time for the world to be more open about men and their health because how will you know what to do if you don't know what to look for?

by *Jaleesa Robinson*  
*Blackdoctor.org*



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