

The Valley Weekly

FREE

Volume 1, No. 8

Friday, October 24, 2014

A Celebration of Survival



At 7 p.m. on October 10, 2014, more than 400 persons gathered at the Huntsville Marriott to attend and receive motivation from the 4th Annual Kimberly Fails Jones Foundation through its theme "Celebration for Breast Cancer Survivors."

The signature event of the evening was the highly dynamic and engaging presentation by the Rev. Percy McCray from the Cancer Treatment Centers of America.

Rev. McCray used a dynamic, engaging, in-your-face delivery that had all attendees spellbound as he focused on the need for more hope in our lives and daily walks with the Lord.

After the program concluded, the speaker was covered by a large throng of people who thanked him for opening up a new train of thought and reasoning for them. Many people had never heard this message, organized in such a unique and thought provoking manner. It was something all of us could use.



The Late Kimberly Fails Jones



From the Editor

“[Domestic violence] harms our communities, weakens the foundation of our Nation, and hurts those we love most.”

- President Barack Obama

There are a number of national celebrations in October, and National Breast Cancer Awareness Month is just one of them. However, the month is also Domestic Violence Awareness Month. A Day of Unity was observed in October 1981 by the National Coalition Against Domestic Violence. Domestic Violence Awareness Month was initiated in 1987, and the first commemorative legislation was passed by the U. S. Congress in October 1989. The goal of the annual observance is to provide a greater public awareness about domestic violence.

According to President Barack Obama:

“Domestic violence affects every American. It harms our communities, weakens the foundation of our Nation, and hurts those we love most. It is an affront to our basic decency and humanity, and it must end.

During National Domestic Violence Awareness Month, we acknowledge the progress made in reducing these shameful crimes, embrace the basic human right to be free from violence and abuse, and recognize that more work remains until every individual is able to live free from fear.”

(Presidential Proclamation issued on September 30, 2014).

Each of us must do our part to end domestic violence!

For so many families, breast cancer can be ‘violent,’ too. Like domestic violence, it affects each of us. Whether it’s mother, grandmother, sister, brother, father, aunt, friend, friend-of-friend or self, breast cancer continues to challenge us. While most of us are certainly aware of and know someone who suffers or have suffered from breast cancer, a large portion of the population isn’t aware of how to prevent and fight the disease.

The Valley Weekly’s staff and writers are committed to educating the public. Therefore, we hope our attention to the disease this month has increased awareness of how to fight and prevent breast cancer.

Until next week, be informed and proactive!



Dorothy



Publisher

The Valley Weekly, LLC

Editor-in-Chief

Dorothy W. Huston

Assistant Editor

Georgia S. Valrie

Editorial Assistants

Linda Burruss

Gary T. Whitley

Layout & Design

James Huston

Photographer

Eugene Dickerson

- Contributing Editors -

Hortense Dodo

Dave Herron

William L. Huston, Jr.

Daryush Ila

TuVy Nguyen

Bonnie Spencer

JaLissa Williams

Website Administrator

Calvin Farier

Editorial Consultant

Jerome Saintjones

Mailing Address:

The Valley Weekly
415A Church Street-Suite 100
Huntsville, AL 35801
(256) 651-9028
www.valleyweeklyllc.com

Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@valleyweeklyllc.com.

The Valley Weekly

Ad Rates Single Issue

Back Cover

10x10-inches \$1,000

Full Page 10x10 inches \$800

3/4 Page 7.5x10 inches \$600

Half Page *Horizontal* 5x10 inches \$400

Vertical 10x5 inches \$400

Fourth Page 5x5 inches \$200

Eighth Page 2.5x5 inches \$100

Sixteenth Page 2.5x2.5 \$50

Classified 1 col.x1 inch \$6

(4 col. in. minimum=\$24)

6 Month/1 Yr.-10% & 20% Discount!

Knowing Your Risk

Spotlighting Breast Cancer

One in eight women develop breast cancer in their lifetime. This is the general population risk for all women, hence, why diligent breast surveillance and early detection is so important and may save your life. Some women may have an increased breast cancer risk. One reason for an increased risk is a family history of breast cancer. As a medical community, we have better come to understand that knowing your family medical history is very important for the individual and the family as a whole. Genetics equals families. Part of knowing your breast cancer risk, is getting to know your family medical history as much as possible. We acknowledge that there are many barriers to knowing one's family history, such as cultural and generational differences, geographical distance, differing family dynamics and communication styles, adoption, and severed family ties. Some of these barriers may be overcome, and it is never too late to improve

family communication about health history, especially given its importance. About 5-7% of breast cancer is due to a genetic predisposition and a genetics evaluation can help determine who has a hereditary/genetic predisposition for breast cancer, who does not, and who is the best (or most informative) candidate to pursue genetic testing in the family first. Genetic counseling is about patient-centered care through conversation. A genetic counselor has specialized Master's level training in medical genetics and counseling. The practice of genetic counseling helps patients navigate the genetic testing process, better understand breast cancer risks, facilitate informed decision making, and promote patient autonomy. Additionally, cancer genetics is evolving at a rapid rate, which makes the risk assessment, testing options, and genetic testing results more complicated than it has ever been before. Cancer genetic counselors

are not only specialists, but they are also able to take extra time to ensure the patient and family members have their questions and concerns addressed. Our goal is that the patients (and families) feel supported through the genetic testing process, during both pre and post testing. The most common form (but not the only cause) of hereditary breast cancer is due to an alteration (mutation) in the BRCA1 or BRCA2 genes, which causes Hereditary Breast and Ovarian Cancer (HBOC) syndrome. Because the risk of breast and ovarian cancer is so high in HBOC, patients and families diagnosed with HBOC, through genetic testing, need to be medically managed differently than women in the general population. This is done through heightened surveillance and risk reducing surgical options, with the goal of early detection, risk reduction, and ultimately the hope of breaking the pattern of breast and ovarian cancer in the family for many

generations to come.

Some "red flags" suggestive of HBOC include but not limited to:

- Female breast cancer diagnosed at 45 or younger
- Ovarian cancer at ANY age
- Triple negative breast cancer diagnosed at 60 or younger
- Male breast cancer at ANY age
- A strong family history of breast and/or ovarian cancer in the same bloodline (this depends on age of diagnosis and how many family members are affected - a genetic counselor can help sort out the family history)

At Clearview Cancer Institute, a genetic counseling appointment is billed as a specialist physician visit and covered by insurance, subject to a co-pay. The patient meets with the genetic counselor and the oncologist. There is no "genetic counseling" fee. Typically, for appropriate patients, genetic testing is covered by insurance. During

the genetic counseling visit, we discuss the cost of genetic testing in great detail and there is no risk of surprise bills! If you are interested in meeting with the genetic counselor for a hereditary cancer risk assessment evaluation, you may call new patient scheduling at 256-705-4266.

by Amy George
Certified Genetic Counselor
Clearview Cancer Institute



Albert's Flowers and Morris Greenhouses

*Located Downtown in Medical District
Closest Florist to Huntsville Hospital*

Free Delivery to Huntsville Hospital and Local Funeral Homes

FLOWERS, GIFTS, EXOTIC FLOWERS
Graduate of American Art School

www.albertsflowers.com
256-533-1623

256-536-6911
716 Madison Street



MARTINSON & BEASON, PC
ATTORNEYS AT LAW SINCE 1937

Dedicated To You. Delivering Results.

Personal Injury | Auto Accidents
Probate & Estate Administration
Corporate Law | Real Estate Law
Divorce | Criminal Law

Contact Us

Phone: 256-533-1667
Fax: 256-533-1696
info@martinsonandbeason.com
www.martinsonandbeason.com
facebook.com/martinsonandbeason



State Farm



Marshall England, Agent
600 Franklin Street, SE
Huntsville, AL 35801
Bus: 256.539.2014
marshallengland@marshallengland.com



www.marshallengland.com

Volunteerism and the Older Adult

by Linda Burruss

In a 2008 abstract in the *Canadian Journal on Aging*, researchers Gottlieb and Gillespie reported that 40-50 percent of older adults are actively involved as formal volunteers in providing diverse health and human services. They wondered what motivated the adults to volunteer, as well as the



health and morale benefits they derive from this expression of altruism. Their conclusion was that older adult volunteers may



enjoy good health and longevity because being useful to others instills a sense of being needed and valued. <http://www.ncbi.nlm.nih.gov/pubmed/19416800>

Without collecting any data or conducting interviews, would my own casual observations support this theory? I looked around at the positive aging role models in my community of friends and what did I observe? Since I did

not ask them for permission to speak about them I'll use first names only.

So, there is Dorothy who volunteers with Manna House and the North Alabama Food Bank to help distribute food to families; Lois who for many years has volunteered with Meals-On-Wheels; Bob who helps transport and package Blessings in a Pack Back for the public school system

so children will have a source of food on the weekends; Joyce, Tim, Haley, Mary, Theodore, Marvel, Johnny, Robert, Thomas, Walter, Lucille, Gertrude, Greg, Lois, Dorothy, Minnie, Jack, Ted, Anthony and Bob, and many others on a regular basis who work with the Food Distribution Program to shop, box, distribute and deliver food to families. Moreover, there's Geneva, retired educator, who did a Summer

Camp for children in Edmonton Heights; Lucille who is doing an exercise program twice a week for all interested; and others who participate in the Crop Drop. Below is a picture of Fellowship Presbyterian Church members at a Crop Drop in the old Farmer's Market at the beginning of the year. And, yes—the older adults are trying to instill that same altruism in coming generations.

Photos by Dr. James Hicks



“We’ve Done All We Could”

by Jerome Saintjones

Even to this day, I carry within me a love-hate relationship with Tuscaloosa. It was the place of my birth in the year that Billie Holiday died and Dinah Washington soared.

T-town of the 1960s was a tale of two cities within one. It was not a place to be; it was, instead, better a place to be “from.” An infamous railroad track split the city in half. And, although blacks and whites lived throughout the city in pockets, the division was heaviest psychologically.

Throughout my childhood, I found it to be a town that found no end to ways to split laughter down the middle, to rob one of the God-given right to simply be a kid, and to all too quickly sell the lie of a brighter tomorrow in some other place.

Reared by older relatives, a childless couple in their late 50s, I was granted within the meager walls of their home a founda-

tion that my teenage biological parents could not then provide. Nonetheless, the elderly couple's love for me was real, even if their love for each other remained questionable. It was through them that I learned about life's perilous dichotomies.

Big Daddy, as I called him, didn't give a damn about the church. Momma never missed a Sunday. Yet, Big Daddy had a heart of gold and would help you no matter what Heaven or Hell had to say about it. But Momma wouldn't lift a finger for you if it didn't follow the rule book.

Nice, pretty brown ladies up the street had not-so-secret relationships with black men with seemingly intact families on the other side of town. Sometimes, somewhere down the alley, a little yellow child would emerge with very light eyes and straight hair, only to fare no better fate than those of us who were purely

blue-black.

And, there were those many domestics who for decades claimed to work for such “good white people,” so good, in fact, that the doting maids were “just like part of the family.” But they were not *really* a part of the family, and they knew it.

When their employers became too old, the domestics had to move on. When the employers died, the domestics had to move on. No matter how immense the wealth and status, the employers reserved all that truly mattered to them and their world to pass on to their *real* family.

Further, there were too many white insurance men, who walked too freely throughout the allies and the quarters, searching for the dimes and quarters needed to keep current any sorry insurance policies their companies could concoct. They would even sit at the kitchen

table, laugh and drink the liquor drained from collard greens, and would, too, pretend to be part of the family. You would almost believe they were kin, as long as you didn't attempt to speak to them when they were with their *real* families.

One brisk morning in 1969 when I walked back into the house from riding my bike, I saw Big Daddy coming out of the bathroom, stumbling, trying to use a wall of the kitchen to steady himself. I thought he was trying to make me laugh, and I did. But then I saw his eyes. They looked cloudy and bloody and other-worldly. Within a few seconds, he collapsed before me on the kitchen table. I transformed into lightning and dashed to the old neighbor next door. Mrs. Bessie ran over, and by then, Big Daddy had somehow made it onto the cot that he had set up days before to sleep on in the kitchen, done

in constant defiance of Momma. The week of his death and burial, I came down with the flu. I remember Momma telling friends about Big Daddy and that the doctors had said, “We've done all we could.”

That seemed to be the refrain a few years later when she discovered a lump in her breast. Then I noticed those words seemed to resonate all around the community. Dark men and women, whose forefathers had picked cotton from sun up to sun-down, whose labor had erected too many Southern mansions to count, whose own land was plummeted by colonialists, were now going to places of healing and were being repeatedly told, with sad faces, “We've done all we could.”

T-town. Although I know it's better, I've yet to shake its strange, *biting* dichotomies.

ANTHONY DANIELS

★ STATE HOUSE #53 ★



*Caring about Our Neighbors...
Reigniting Jobs and our
Community... In Alabama,
That's when we will all win!*

VoteAnthonyDaniels.com

ANTHONY DANIELS

★ STATE HOUSE #53 ★

Anthony Daniels believes that when we do what is right for the community as a whole, we all win. Therefore, we need to send a bridge-building leader with the experience and vision to move our new west Huntsville district forward. Anthony has worked tirelessly in our community as a civic leader, educator, and small businessman. We need someone like Anthony on our side to attract quality, good-paying jobs and fight for our public schools.

ANTHONY DANIELS—A VISION FOR THE FUTURE

Jobs: Anthony Daniels is a small businessman with a proven track record of meeting payroll and creating good jobs for Huntsville residents. A vote for Anthony Daniels is a vote for real-world experience that is so desperately needed in Montgomery.

Education: Education is Anthony Daniels' passion. As a former elementary school teacher, Anthony believes that a quality education for all of our students can positively impact our community. He understands that valuing the hard work of public teachers and adequately funding classrooms are essential to making our neighborhood schools work for everyone.

ANTHONY DANIELS—A LEADER IN OUR COMMUNITY

Anthony Daniels has demonstrated his willingness to affect positive change in our community.

- ★ Received bachelors degree in elementary education and a masters degree in special education.
- ★ Serves as Chief Operating Officer of Premiere Dental.
- ★ Formerly taught 4th grade at University Place Elementary School and 3rd grade at Academy for Science and Foreign Language.
- ★ Co-Founder of First Book Alabama, a non-profit organization aimed at providing books for young children from disadvantaged communities.
- ★ Appointed to Mayor Tommy Battle's Green 13 Council.
- ★ Served as Chairman of the Green 13 Council's Transportation Team.
- ★ Serves on the Committee of 100 Young Professionals
- ★ Board Member National Accreditation for Teacher Education
- ★ Former Committee Member on High School Dropout Prevention
- ★ Former Committee on Pensions, Social Security and Medicare



VoteAnthonyDaniels.com

 AnthonyDanielsAlabama  AnthonyDaniels

PAID FOR BY CAMPAIGN TO ELECT ANTHONY DANIELS

Rosetta James Foundation

Sponsors Wil Haygood

Author of "The Butler"



Huntsville Happenings!

by Gary T. Whitley, Jr.



Al.com

BridgeStreet Expands with New Belk Location

Since the launch of BridgeStreet Town Centre in Huntsville, new and exciting retail and dining establishments have wooed many shoppers to the area of Cummings Research Park for an outdoor destination experience. The addition of a new flagship Belk store which held its official grand opening last week has been an awaited prize.

While Huntsville and our surrounding metropolitan area continues to grow and see an uptick in economic development, the opening of our latest Belk Store has drawn plenty of attention due to its location and offerings. The latest Belk to Huntsville will feature some new brands of fashion to the Huntsville market

such as Elie Tahari, Diane von Furstenberg, Magaschoni, and Kiehl's.

The new flagship Belk store cost the company \$20 million to build, but has 170,000 square feet of retail shopping space. Although it is not common to have two flagship stores in one city (Belk at Parkway Place Mall), this project echoes the financial stability of our region and that we can continue to see additional retail and restaurants added to the local area for enjoyment.

As the Holiday's draw near and final fashion preparations are made to attend the Magic City Classic, feel free to stop by our new Belk at BridgeStreet for all of your fashion needs – you will not be disappointed.

Rosetta James Scholarship Foundation

#94612

The Rosetta James Scholarship Foundation provides financial scholarship to undergraduate students who demonstrate sound academic principles; commitment 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, contact (256) 536-9717 or write P.O. Box 17452, Huntsville, AL 35810.



Ivory W. Reedus, LUTCF

Agent

AL #A-058076

New York Life Insurance Company

200 Clinton Avenue, Suite 600

Huntsville, AL 35801

Tel: 256-517-5922 Direct

Tel: 256-852-7328

Fax: 256-593-1842

ireedus@ft.newyorklife.com

New York Life "The Company You Keep"



Where to Find Your FREE Copies of The Valley Weekly

Albert's Flowers
Bob Harrison Senior Wellness Center
Books a Million – North Parkway/University Drive
Briar Fork CP Church
Bryant Bank – Church Street
Burritt on the Mountain
Chris' Barber Shop
Depot Professional Building
Donny's Diamond Gallery
Dunkin Donuts
Eagles' Nest Ministries
Fellowship Presbyterian Church
Garden Cove Produce
Jeffery's Barber Shop
Lakeside United Methodist Church
Landers McLarty Dodge
Chrysler Jeep Ram
Mamma Annie's
Marshall England – State Farm Agent
Martinson & Beason, PC
Moe's – Village of Providence
Nelms Memorial Funeral Home
North Alabama Center for Educational Excellence
Oakwood University Post Office
Pine Grove Missionary Baptist Church
Progressive Union Missionary Baptist
Reliable Towing
Sady's Bistro in Providence
Sam and Greg's Pizza
Sneed's Cleaners
St. Bartley PB Church
St. Luke Christian Church
Starbucks – Governors Drive, North Parkway at Mastin Lake Road/University Drive
The Office Break Room & Bar
Tony's Hair Salon
Union Chapel Missionary Baptist
Westin's Blue Med Spa

17th 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 (256-373-8133),
Shirley Robinson (256-373-8798),
or Jerrold Szabo (256-373-8863).

Alabama A&M University

Friday, Nov. 14, 2014

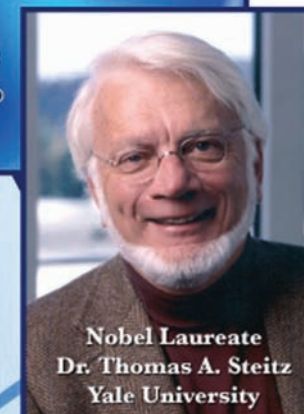
Lecture @ 3 PM

Dawson Auditorium,
Cooperative
Extension Building

Followed by

Reception @ 5 PM

Clyde Foster
Multipurpose Room,
College of Business
& Public Affairs



Nobel Laureate
Dr. Thomas A. Steitz
Yale University

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.

Tony's Hair Studio



20 Years Experience
Licensed Cosmetologist
Licensed Instructor
State of Alabama

2310 Country Club
Huntsville, AL 35806
(256) 603-1049
Tony Smith, Owner

Promoting Healthy Hair!

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 _____

Name _____ Relationship _____

Phone _____ E-mail _____

Name _____ Relationship _____

Phone _____ E-mail _____

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