"You think your pain and your heartache are unprecedented in the history of the world; but then you read." - James Baldwin

Volume 1, No. 11

Friday, November 14, 2014

Veteran Hall and Newcomer Daniels Enjoy Victories

State Representative Laura Hall (D) was elected to a seventh term to represent House District 19 in the Alabama House of Representatives.

According to the Madison County Probate Judge's Office, Hall garnered 82.95 percent of the votes. Hall is a retired educator who has been an advocate for quality education, health care, children and seniors.

Newcomer Anthony Daniels has been an aspiring politician since his undergraduate days at Alabama A&M University. His work with the student unit of the National Education Association was the launchpad for this political career.

Garnering over 77 percent of the votes for the newly created



State Representative Laura Hall with Washington Post journalist Wil Haygood during the latter's Huntsville visit.

State House District 53, Daniels' platform included focusing on

the community, reigniting jobs and working as a bridge-builder across the community.

Many believe when the new district was carved out, it was especially designed for him, a young man with wisdom beyond his years.

A small business owner, Daniels campaigned on a platform of 'caring about each other and reigniting jobs' within the community. He has been able to bring local citizens of differing viewpoints together to strive for one community during an unusual time in history.

Both Hall and Daniels have been able to work across diverse communities in order to earn the confidence of the voters.



Daniels offers details about his platform during a fundraiser early in his campaign bid.

On This Day November 14th

FREE

On November 14, 1915, educator and statesman Booker T. Washington died on the

Tuskegee University campus following an eventful life. Washington's biography



spans with his modest home in western Virginia, his days at Hampton Institute and Tuskegee, extending from his days in a log cabin at birth to becomng a man who once commanded an audience with some of the world's wealthiest and most influential people.

- TVW

Miraculous Recovery Spurs Woman to Bladder Cancer Awareness Advocacy

On that sunny last day of September in 2013, Charlotte Madison was not expecting to hear the word "cancer" associated with her name. She knew her symptoms could possibly be caused by cancer, but because of her non-smoking past and her otherwise excellent health history, bladder cancer seemed to be a remote possibility.

But, she had spent the past six months checking out all the other

possibilities and now she was waiting in her urologist's office for the outcome of a CT scan taken earlier in the day.

Her world changed drastically following the doctor's surprising announcement: "You have bladder cancer." Instead of the leisurely retirement she had been plan-



Charlotte Madison

ning, her schedule became filled with doctors' appointments, procedures to prepare for treatment, chemotherapy, and eventually a radical cystectomy.

Nine months out from surgery, Charlotte continues to have regular checkups and scans. "I am blessed

that my treatment was effec-

tive and that I am now cancer free," she says. "But I know that bladder cancer has a high rate of recurrence. I will spend the rest of my life keeping a close watch."

Each year, some 72,000 new cases of bladder cancer are diagnosed in the U.S. and around 15,000 people die annually of this disease. Although bladder cancer is one of the most commonly diagnosed cancers, it has received very little public attention. Charlotte Madison would like to change that reality here in North Alabama.

See Charlotte's Web, Page 2

CORRECTION: "Why We Must Help Take Care of the Children," which appeared in last week's (Nov. 7) issue of *The Valley Weekly*, was written by Dr. Margaret Kelly. We apologize for the omission of attribution.

Page 2

The Valley Weekly

How Charlotte Overcame Her Web

VW Introduces Addition of Internationally Noted Artist John "Jahni" Moore

Weekly Illustrated "PowerShots" Featured

The staff members of *The Valley Weekly* are excited to welcome Huntsville-based, international artist John "Jahni" Moore.

To assist the paper's efforts to reach a diverse audience of readers, Moore will present weekly illustrations of Johnny Angel's "PowerShots."

The Valley Weekly encourages intergenerational conversations between the youngest readers and its elders.

"Illustrations are a wonderful venue to reach diverse readers in the Tennessee Valley and beyond," commented Dr. Dorothy W. Huston, the editor-in-chief of *The Valley Weekly.* "We look forward to John's contributions each week."



Produced by Evermore, LLC, the weekly illustrations (see first submission below) promise to be a popular feature in *The Valley Weekly*.

From Recovery to Full-Fledged Mission



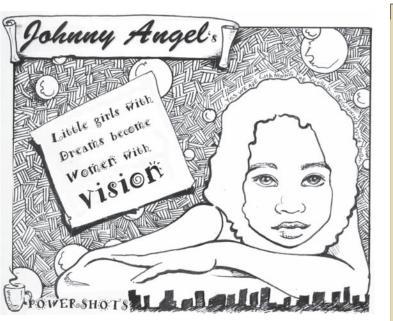
(Continued from Page 1)

"Bladder cancer was not on my radar screen at the time I was diagnosed, and prior to my diagnosis, I was not informed about common symptoms of BC," said Charlotte. "Following my diagnosis, I had to spend a good bit of time online looking for additional information and resources to guide me, so I could be a proactive BC patient." She said finding the Bladder Cancer Advocacy Network (BCAN) gave her the information she had been looking for and put her in touch with a support group that has been "a phenomenal source" of encouragement and help.

Just before her February surgery to remove her bladder, Charlotte became aware of the national day sponsored by BCAN for bladder cancer walks across America. Since there was no walk in the Huntsville area, Charlotte enlisted some church friends who helped her organize the first North Alabama Walk for Bladder Cancer. The walk took place at BridgeStreet, and the 150 participants helped to raise over \$8,000. Charlotte hopes to triple that amount in 2015 and to broaden the participation among local business partners and persons whose families have been touched by bladder cancer.

Those who are interested can find out about the 2015 walk by visiting www.walkforbladdercancer.org. Charlotte happily notes that "God is able to bring good out of our darkest circumstances." Not only has she come out of her treatment with a new, short, easy-care, gray hairstyle, but she has also gained a new focus-a new passion to raise funds for research, to raise awareness of symptoms, and to possibly prevent someone from having to lose their bladder or, even worse, face death due to bladder cancer.

Groups who would like to know more about bladder cancer can contact Charlotte by e-mail at *lottiemadison@gmail.com*. She welcomes contact from bladder cancer survivors who need support and those who are willing to offer support to others. As a member of the BCAN Speaker's Bureau, she is available to present programs and to share resources.



ALABAMA A&M UNIVERSITY LYCEUM SERIES PERFORMING ARTS PROGRAM -presents the -

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> *Featured Work:* "GLORIA" – John Rutter

Sunday, December 7, 2014

T. M. Elmore Gymnasium 5:30 p.m. - FREE



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The Valley Weekly

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The magnificent beauty of the season is manifested each day by the cool mornings, warmth of the sunshine, cold nights and the hustle and bustle of people preparing for the season of Thanksgiving!

FAMILY TIME: Top Right Photo: (l-r, *Front Row*) William Huston, Sr.; Dr. Dorothy W. Huston; and Mary Kate Huston; (*Second Row*) Mrs. Rosetta James and James Huston. Top Left Photo: William Huston, Jr., and Pauline Huston. *It's Harvest Time!* Fall is in the air, colorful leaves are falling and many of us are gathering for those long winter nights. The magnificent beauty of the season is manifested each day by the cool mornings, warmth of the sunshine, cold nights and the hustle and bustle of people preparing for the season of Thanksgiving!

I had the opportunity last Friday to travel up to Scott's Farm to get delicious apples of all colors, sizes and flavors. Oh, what a delight. It reminded me of the days when we used to harvest the late crops and put away yield for the winter season. There was nothing quite like taking sweet potatoes from the underground 'cell' and nestling them under the hot coals in the front room fireplace to bake. Oh, what goodness that came out of that hearth. My mother could can, freeze, smoke or pickle just about anything that was edible. We could always go into the kitchen cupboards and find assorted fruits and vegetables to our delight.

Sometimes, after school and on Saturdays, we had to gather firewood to feed the kitchen stove and the fireplace, our only sources of heat. We had fun jumping the ditches and crossing the tree limb that stretched across the springs to find the *lighter wood*. Lighter wood is also known as kindling because of its flammability. It was seen as the prized wood--the aged residual of pine trees, I believe. We used it as kindling to start fires. Unlike fire logs, it lights quickly and is resistant to dampness and air. Those days when we did not have lighter wood turned into long days because of the time we had to spend making and nourishing the fire to health. It was essential to our quality of life. When the weather turned really cold, my dad would announce 'slaughter day'--the special day he would slaughter the hogs and cows that he had 'put up' for household use. This announce-ment meant that, from sun up to sun down, we would be busy cleaning, cutting, wrapping and marking the fresh meat in the white butcher paper that came in rolls and sheets. It was used to keep perishable meats covered and protected from contamination and freezer burn. We could write on it with grease pencils and label it for future use.

I have been freezing turnips and greens during the past week. Regardless to what you enjoy, I would encourage you to put something away for those long winter nights. There are few things more refreshing than the smell of turnips on the stove and hot water corn bread in the skillet. About a week ago, one of the neighbor's children rang our doorbell, peddling Boy Scout products. When I opened the door, he said, "Ooh, I smell something." I replied with delight, "Turnip greens! Would you like a taste?" Of course, he was not interested in the turnips, but at least he recognized the smell of something special.

I am planning for the winter. What about you? November 16, 2014, is my husband Bill's 58th birthday. After 33 years of an awesome marriage and three adult children, along with a wonderful daughter-in-law, I would still do it all over again. Let's do it again ... Until next week,

Dorothy

The Valley Weekly

Avoiding Tears in Your Yams

After a healthy helping of egos, incompetent bunglers jockeying for relevance, and numerous other workplace frustrations, many people are "ripe" and "ready" for the holiday season.

They begin the longed-for countdown--perhaps somewhere around mid-November--and then picture themselves relaxed and slightly reclined by a fireplace, tempted by a glass of wine, courted by a not-so-dim light and captured by an engaging book or magazine.

But there are others who find the holiday season, well, hard to stomach. I first heard about seasonal affective disorder (SAD) several years ago while talking once with clinical psychologist Annie M. Wells at Alabama A&M University.

According to MedicineNet. com, the holiday season, in addition to bringing about happiness for many, can also haul in stress, often stemming from financial

tensions, overcommitments and "unrealistic expectations." The end result of improper management of these stresses include eating too much (and perhaps too often), headaches, and even problems sleeping or oversleeping.

Mayo Clinic staffers note that SAD often crops up in late fall and early winter and often lingers until the brighter days of spring or summer. They also report that SAD is considered a "subtype" of major depression.

So, in addition to weight gain, irritability, low energy levels, being downright ornery and temperamental, having a lack of interest and an inability to focus, SAD symptoms are also depicted by hypersensitivity and appetite fluctuations.

The gurus at the Mayo Clinic attribute many of the symptoms related to SAD to at least three factors. Among these are: 1) one's biological clock or circa-

dian rhythm, affected by lesser sunlight in the fall and winter; 2) a drop in serotonin (a brain chemical) levels, affecting mood; and 3) a change in melatonin levels, likely disrupted by a change in the season and impacting a person's sleep patterns and mood.

But there is an up side to seasonal depression, notes the people at MedicineNet.com. One step to help combat SAD is social support. Another is improved lighting or the application of bright (especially flourescent) lighting. I'd dare add that hanging around perpetually positive and radiant people should also be a plus.

Enjoy a movie, a local play or dance recital. Volunteer. Life's already too short, so put away your scissors and hold back the blues records for another day.

Submitted by Jerome Saintjones





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November 14, 2014

The Valley Weekly

One Huntsville's Diversity Dinner Scheduled

One Huntsville is slated to hold its Diversity Dinner on Tuesday, November 18, between 5-7 p.m. at the Huntsville-Madison County Public Library, 915 Monroe Street.

The esteemed organization aims to provide individuals an opportunity to meet across religious, racial and cultural segments, to exchange information and to become informed. Participants meet on the third Tuesday of each month.

The session includes an informal table discussions as attendees eat together, an important aspect of the One Huntsville experience.

Moreover, prospective attendees are urged to bring (or order) their meals, drinks or snacks. Additionally, they may order a boxed turkey sandwich dinner for \$6 by noon on the day of the meeting at ims@knology.net or by calling (256) 536-2401.

The November 18 session will focus on "Unity in our Community."

Submitted by Jerome Saintjones

Family Caregivers

"So let's not allow ourselves to get fatigued doing well. At the right time, we will harvest a good crop if we don't give up or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith"—Galatians 6:9 (The Message Bible).

November is National Family Caregiver Appreciation Month. The number of adults serving as caregiver to a parent, a spouse, or another family member is enormous. Sometimes the care is 24 hours a day; sometimes it's on a part-time schedule; and sometimes it's on a more casual basis. Caregivers are a special kind of people. They unselfishly devote their time and energy to insure the health and welfare of another individual.

I was a caregiver to both parents. I recall driving my father to the emergency room one night when his terminal cancer was making it difficult to breathe, or insisting that the nurses stop trying to find a vein for an IV when his body had had enough. I shared the caregiving with my siblings, being able to care for



both at home, but I also remember the non-family supporters who helped us to press on. I am sure that's why I became a hospice volunteer.

I'm not sure I still have the words to adequately honor family care-

givers. If you know a caregiver, tell them "Thank You" for their unselfish caring, and support them in any way you can. Do some random act of kindness. It may be offering to sit with their loved one while they take a much-needed walk alone. It may be doing the occasional errand, or just being a listening ear. It may be giving a gift certificate for a massage, a gift card for dinner at their favorite restaurant, or a gift card to go shopping at one of their favorite stores. Offer to help them clean the home or yard. Embrace all the possibilities.



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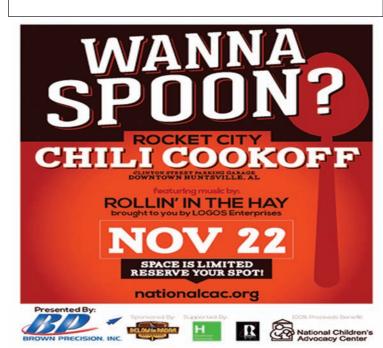
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The Valley Weekly

Huntsville Happenings!

It is no secret that 2014 has been a very successful year of new development announcements in and around the Huntsville/Madison County community--from new residential apartments, single family homes, and an expanding commercial/ industrial base.

Huntsville is enjoying the success that so many other communities dream about replicating. This good fortune should not be taken for granted, as it is the result of the engaged business and civic stakeholders in this community.

However, the magic that is evident in the great success of Huntsville must continue to multiply so that our community remains "The Star of Alabama"

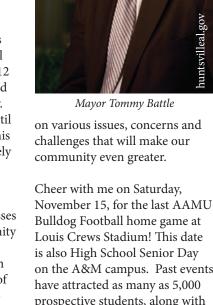
and "The Federal City of the South."

Last week, Huntsville's Committee of 100 announced its newest Young Professional members, and I was pleased to see my former colleague from Alabama A&M, Attorney Kimberly Carter-Brown, joining their membership ranks. When I served at AAMU in the Office of the President. Attorney Brown joined the University administration as Associate General Counsel, and she is now in private practice here in Huntsville. Like so many of us, she is not a native Huntsvillian, but she has become engaged with the community in that she plants roots here.

Thankfully, Huntsville is still a place where "outsiders" can come and get involved in their respective passions while being received by our community. Community service is important and that is why our community is such a great place to live, work and play.

Each year, Huntsville Mayor, Tommy Battle, delivers his annual State of the City address, which is coordinated by the Huntsville/Madison County Chamber of Commerce. This year, Mayor Battle will give his address at the VBC North Hall on Monday, November 17, at 12 noon. Tickets can be purchased via the chamber website, www. huntsvillealabamausa.com, until they are sold out. Although this is a ticketed event, it is definitely worth attending.

During the address, Mayor Battle will highlight the successes of Huntsville and the community from the 2014 year as well as announce the plans for 2015 in front of an engaged audience of nearly 1,000 community, business and civic partners. If you want to know what is happening in Huntsville you have to go where the meetings and events about Huntsville are taking place. While this update luncheon may not have a Q&A session, it is an awesome opportunity to network and collaborate with others from across the community to work



Bulldog Football home game at Louis Crews Stadium! This date is also High School Senior Day on the A&M campus. Past events have attracted as many as 5,000 prospective students, along with their parents and friends. Also, look for me at the State of the City Address (Nov. 17) to see what is next on the horizon for Huntsville.

by Gary T. Whitley, Jr.

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

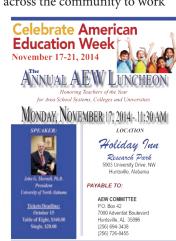
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The Valley Weekly

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 become 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)	



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- Application Form
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