Conquering Breast Cancer

Inspirational tips for creating a positive attitude, hope, strength, courage and steadfastness to deal with and conquer breast cancer.

Four life altering words -- "YOU HAVE BREAST CANCER" -- evoke enormous fear, traumatizing anxiety, intense hopelessness and an array of defeating emotions that fills one's mind when a physician articulates this alarming diagnosis.

Statistically, about 1 in 8 U.S. women and 1 in 1000 men will develop invasive breast cancer over the course of a lifetime.

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Almost 39,620 women in the U.S. were expected to die in 2013 from breast cancer. However, due to earlier detection through screening, increased awareness, advances in research, medical technology and hormone replacement therapy (HRT), death rates have been decreasing since 1989, especially in women under age 50.

Personally, I am a proud two-time survivor of breast cancer (1999 and 2001, respectively). When I was first diagnosed with stage 1 breast cancer, I said, "If the Lord wants somebody to have breast cancer and show His miraculous power to heal her, here am I Lord, send me, I'll go." And forward I went, increasing others' awareness and calming the fears of some who were devastated with their with breast cancer experiences. I spoke on panels, wrote articles for the newspaper, prepared television documentaries and counseled many one-on-one about coping with and conquering breast cancer.

The second diagnosis really tested my faith in God. My Christian surgeon, Dr. Frank Roberts, who performed my mastectomy, was doing outpatient surgery to remove what we thought was an innocent nodule on the same side where I had my right breast removed, to discover that the cancer had returned and had almost reach my back. Shaken, yet undaunted by this grave discovery, I prayed, "Lord, I don't believe that you brought me this far to let me die now. So I am stepping out on faith, believing that You still have work for me to do, and this second bout with breast cancer will not be a death sentence.

Yes, God still had work for me to do. His words and promises in favorite scriptures like Proverbs 3:5-6 "Trust in God with all your heart and don't lean on your understanding, and He will direct your path;" Isaiah 43:5-6 "When you pass through the waters, I will be with you...", Philippians 13 "I can do all things through Christ Who strengthens me", and Matthew 7:7 "ask and it shall be given, seek and ye shall find, knock and the doors will be open", along with many other inspirational and courage-building scriptures, gave me the hope and strength to hold on to God's unchanging hand as I conquered breast cancer for the second time.

Living with a form of muscular dystrophy-Myasthenia Gravis, a grave muscular disease, since age 19, afforded me numerous opportunities to amass strong coping mechanisms that enabled me to THRIVE in spite of breast cancer. They are: (1) A positive I WILL CONQUER BREAST CANCER attitude; (2) An unshakeable faith in God, studying and obeying His Holy word; (3) a loving, devoted, encouraging support system, comprised of a second to none family-especially my two younger sisters, brother, son and eldest grandson, cherished friends, church family and co-workers, and (4) world-class physicians and medical teams.

In their recent article on "Reducing Risk of Recurrence", researchers from Johns Hopkins Medicine, recommended the following healthy tips to help survivors reduce the risk of their breast cancer recurring. They are: take care of yourself emotionally and physically, eat healthy, limit alcohol, exercise regularly, maintain a healthy weight, have your vitamin D levels checked and take endocrine therapies as prescribed.

As a thirteen-year breast cancer survivor, I profoundly believe that with increasing world-class research and medical advancements, undergirded by the unrelenting efforts of local, state, national and international individuals and organizations to heighten the awareness and increase the public's knowledge of proven strategies to use in coping with and preventing the recurrence of breast cancer, we will be able to conquer breast cancer in the not too distant future.

References:


John Hopkins Medicine

Submitted by Margaret J. McKenzie Kelly, Ph.D., Retired University Administrator and Professor
Our approach to detecting and treating this disease. " It is important that we are proactive in our approach to detecting and treating this disease."

October is Breast Cancer Awareness Month! According to the American Cancer Society’s Breast Cancer Facts & Figures 2013-2014 (http://www.cancer.org/research/cancerfactsstatistics/breast-cancer-facts-figures), an estimated “232,340 new cases of invasive breast cancer were expected to be diagnosed in 2013, among US women, as well as an estimated 64,640 additional cases of in situ breast cancer.” In addition, ACS literature maintains that nearly 40,000 US women were expected to die from breast cancer, and that only lung cancer alone accounts for more cancer deaths in women. ACS notes that breast cancer incidence rates are highest in non-Hispanic white women, then African American women and are lowest among Asian/Pacific Islander women. Moreover, breast cancer death rates are highest for African American women, followed by non-Hispanic white women. Breast cancer death rates are lowest for Asian/Pacific Islander women. Studies also show that breast cancer incidence and death rates vary by state. These statistics are presented in an updated edition of the American Cancer Society’s Breast Cancer Facts and Figures. The publication provides cancer research facts about breast cancer, including incidence, mortality, and survival trends for breast cancer, as well as information on early detection, treatment, and factors that influence risk and survival. This piece and similar publications are available for free download as full-text PDF files via the American Cancer Society. But, also through various media, we have already heard the projection that one woman among 8, about 12% of all women, will develop invasive breast cancer over the course of her lifetime. In contrast, according to medicinenet.com, “male breast cancer accounts for 1% of all breast cancers, and most cases are found in men between the ages of 60 and 70.” A man’s risk of developing breast cancer is one in 1,000.

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 Mrs. Edna Fails, along with many others too numerous to name, who advance 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 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!

Until next week,
Riah Rose Home for Children Honors Grandparents

Riah Rose Home for Children, Inc., established in 2008, held its first Annual Grandparent’s Day Fundraiser Luncheon recently at the EarlyWorks Museum. The event honored Mrs. Nancy Archuleta and Rev. Dr. and Mrs. John L. Herndon, III. Riah Rose is dedicated to helping pregnant women and homeless women with young children by promoting education and career development.

Mrs. Archuleta is president emeritus of Analytical Solutions of BAE Systems in Huntsville, retiring from BAE in 2005. She has been president of the MEVATEC Foundation since founding it in 1999 and also has been owner/operator of Carriage House Management since 2011. She and her husband Daniel have six children (one deceased), 11 grandchildren and eight great-grandchildren. Dr. John L. Herndon, III, is pastor emeritus of Fellowship Presbyterian Church, where he served for 24 years. Tommie Griffith Herndon is a retired educator with over 20 years of service in the public school system. They are the portrait of a successful blended family. When they married, Tommie had six biological children and John had one child. They took on the task of raising their first grandson. They now have nine grandchildren. They have attended almost every dance recital, violin recital, piano recital, play musical production, sporting event or academic celebration. The team, known affectionately as “Pop Pop” and “Big Mama” have written scripts, created costumes, served as ushers and patronized every aspect of their grandchildren’s lives.

The grandparents and great-grandparents were described as involved role models for their families. They also have charities and community organizations which they focus their time, talent and treasures.


-Submitted by Linda Burruss

BLACK WINGS TRAVELING EXHIBIT

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

Black Wings - This Smithsonian Institution Traveling Exhibition chronicles the story of African Americans, who despite facing racial barriers, attained great achievements in the world of aviation. It highlights the stories of important figures in aviation from Bessie Coleman, the first African American woman to receive her pilot’s license, to Mae Jemison, the first African American woman to fly in space, Black Wings retells the stories of African Americans who dreamed of flight, left their mark and helped pave the way for those who would follow.

This exhibit on display thru November 2, 2014

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by Gary T. Whitley, Jr.

It’s Homecoming Week
2014 on “The Hill” at
Alabama A&M University!

The 2014 edition of
Alabama A&M Homecom-
ing is well underway with
a slate of activities sure to
appease any age range.

Miss Alabama A&M
2014-15 has been crowned
during her coronation
ceremony, a gospel explo-
sion has been held, as well
as a student talent showcase
has occurred in preparation
for the culminating football
game on Saturday, October
4.

A Homecoming is a gath-
ering of people who share
a common bond. However,
an HBCU Homecoming is
an experience that is larger
than life! Steeped in tradi-
tion, the Alabama A&M
Homecoming experience is
second to none, consider-
ing the Bulldog fans, the
high-stepping and rhythmic
sounds of the illustrious
Marching Maroon & White
Band (“The Show Band of
the South”), Miss AAMU
Monteva Hodo and her
Royal Court, a myriad of
Greek-lettered fraterni-
ties and sororities, and the
determined mighty Bulldog
football team.

Huntsville will be painted
a festive Maroon & White
during the entire time
of A&M’s homecoming
activities, as Normalites
from near and far gather
with old friends, make new
acquaintances, share end-
less amounts of catfish and
BBQ, coupled with spirits
to celebrate A Lovely Day
on “The Hill.”

Here are some of the
events for the 2014 AAMU
Homecoming:

Thursday – October 2nd
at 4PM: Alumni & Student
Fish Fry on The Block

Friday – October 3rd at
10AM: On Campus Parade
with BET Black College
Tour

Saturday – October 4th at
9AM – Homecoming Day
Parade, Downtown Hunts-
ville
Homecoming Football
Game at 2PM – Louis
Crews Stadium
Homecoming Stepshow at
8PM – T.M. Elmore Gym-
nasium
The aforementioned events
are free to the public with
the exception of the foot-
ball game and stepshow.
Although the streets may
be filled with more cars
than normal, remember
to extend some additional
Southern hospitality to
visiting Normalites as they
enjoy their Homecoming
while generating additional
tax revenue for our city.

Come out and support our
Bulldogs as they Stand Up
and Cheer … Loud and
Long for Dear Old Normal!

Fabulous Fall Festival
October 6-10, 2014

Get in step with the many exciting activities at Huntsville Botani-
cal Gardens. There’s so much to do at the Garden this Fall Break, you
don’t want to miss the fun! All week long there will be special activi-
ties, games and crafts for the kids in the Anderson Educa-
tion Center or Children’s
Garden, weather permitting.

Fall Festival, Wednesday,
October 8: Join us for apple
bobbing, Cornhole or mak-
ing a fall-themed craft. Face
painters and music will add
to the fun. Enjoy hayrides from 11 a.m.-3 p.m. or visit the Petting Zoo
to see your favorite animals. Included in Garden admission/mem-
bership Petting Zoo, $2 in addition to admission.
Contact Tamara Huron at thuron@hsvbg.org or Soozi Pline at spline@
hsvbg.org for more information.

Kimberly Fails Jones Memorial Foundation
4th Annual Breast Cancer Survivor’s Celebration

Keynote Speaker: Rev. Percy W. McCray Jr.
Director of Pastoral Care Cancer Treatment
Centers of America

Friday, October 10, 2014 7-9pm
Huntsville Marriott 5 Tranquility Base
For Ticket Info Please Call 256 852-2311
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 __________________________
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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.diversityleadershipcolloquium.com; or e-mail info@diversityleadershipcolloquium.com.
AAMU 2014 Homecoming Events Announced by The Palladium

The Palladium Special Events Center, located at 2025 Sparkman Drive, has announced two upcoming events.

On Friday, October 3, the Center will host a Homecoming House Party featuring DJ Charlie Hustle, A.K.A. “Q”. Doors will open at 8 p.m. both nights. Food and drinks are included in the advance ticket price of $25.

On Saturday, October 4, 2014, The Palladium will host a Homecoming Jam featuring DJ “Glaze” Brown. Tickets can be purchased, in advance, at Mr. Shoes, Better Days Barber Shop, Chris Barber Shop, Chester’s Barber Shop, and James Records and Tapes. Individuals and groups interested in tickets and reserved tables should call (256) 658-5676.

Kimberly Fails Jones Memorial Foundation
Foundation Honors Strength and Legacy of Namesake

The Kimberly Fails Jones Memorial Foundation provides assistance to women who are confronting the emotional and often physical turmoil of breast cancer.

Prior to gallantly fighting her own battle with breast cancer, Jones served as a federal contractor with BAE Systems and lived in Maryland. But her fierce illness forced her to move back to Huntsville under her mother’s nurturing love and care, along with treatments at the Clearview Cancer Institute, where she received chemotherapy.

Jones once told an AL.com reporter about the things that helped her to make the best of her trying and often painful situation.

“My message is your mental statement and your faith in God is critical to conquering cancer or any health challenge for that matter.”

The Foundation holds an annual benefit to raise funds for breast cancer education, advocacy and patient support in the Huntsville area. The activity features food, fun and festivities. Each year the program highlights the KFJ Foundation’s mission and acknowledges cancer survivors with special gifts.

The foundation was created in honor of Kimberly Fails Jones’ vision to assist those dealing with the devastation of a cancer diagnosis. The KFJ Foundation, Inc. also aims to provide assistance to persons seeking medical care for breast cancer who demonstrate financial need; and provide useful information on services.

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The 2015 tax season is right around the corner. Do not wait until January 1, 2015, to begin tax planning for your 2014 tax return. Even though three-fourths of the 2014 tax year is gone, you still can begin planning for your 2014 tax return. Here's how:

- Organize all of your income receipts from all sources by months if you do not maintain your receipts via some type of accounting software program.
- Create an income folder for each month of the year.
- Organize all of your expenses and deductions by months if you do not maintain your expenses via some type of accounting software program.
- Create an expense folder for each month of the year.
- Create a spreadsheet using the above information to capture your income and expenses to-date.
- Analyze your information and begin your tax planning process before January 1, 2015.

What are My Self-Employed Tax Obligations? As a self-employed individual, generally you are required to file an annual return and pay estimated tax quarterly. Self-employed individuals generally must pay self-employment tax (SE tax) as well as income tax. SE tax is a Social Security and Medicare tax primarily for individuals who work for themselves. It is similar to the Social Security and Medicare taxes withheld from the pay of most wage earners. In general, anytime the wording “self-employment tax” is used, it only refers to Social Security and Medicare taxes and not any other tax (like income tax).

Before you can determine if you are subject to self-employment tax and income tax, you must figure your net profit or net loss from your business. You do this by subtracting your business expenses from your business income. If your expenses are less than your income, the difference is net profit and becomes part of your income on page 1 of Form 1040. If your expenses are more than your income, the difference is a net loss. You usually can deduct your loss from gross income on page 1 of Form 1040. But in some situations your loss is limited. See Pub. 334, Tax Guide for Small Business (For Individuals Who Use Schedule C or C-EZ)

If you have any questions, please do not hesitate call me at (615) 218-5209 or e-mail me at deh_cei@comcast.net or fax me at (615) 870-1220.
The Valley Weekly

The Rosetta James Foundation
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SUNDAY
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IN HER NAME

IN THE FIGHT AGAINST BREAST CANCER

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