

The Valley Weekly

FREE

*"So much of growing up is an unbearable waiting.
A constant longing for another time.
Another season."*

- Sonia Sanchez

Volume 2, No. 6

Friday, October 16, 2015



Breast Cancer Survivors Celebration Union Chapel Missionary Baptist Church Sunday, October 11, 2015

Each October, the Union Chapel Wellness Ministry hosts a Celebration in observation of Breast Cancer Awareness during both worship services. The theme for this year's Celebration on October 11 was "Happy Birthday Survivors!", and it offered edu-

cational and training literature, along with a balloon release after the 10:45 a.m. worship service.

The Kimberly Fails Jones Memorial Foundation, Inc., presented the 5th Annual Celebration for Breast Cancer Survivors on October 9 at the Huntsville

Marriott (see photos on Page 4). The theme was "Love, Courage, Faith, Hope and Strength." The featured speaker was Karen Allen, a breast cancer survivor from Birmingham.

Allen is a certified clinical research professional at the UAB

Comprehensive Cancer Center, where she conducts audits for clinical trials. However, her growing love of ministry and missions is where her heart is. Diagnosed in 2003, Allen was inspired to write her book "Confronting Cancer with Faith."

She and her husband of 33 years reside in Birmingham with their two energetic dogs, Geronimo and O'Malley. <http://confrontingcancerwithfaith.com> or <http://www.confrontingcancerwithfaith.com/index.htm#>.

Where to Find Your FREE Copies of The Valley Weekly

AAMU Public Relations Office

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Books a Million - N. Parkway/University Drive

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Bryant Bank - Church Street

Burritt on the Mountain

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Depot Professional Building

Dunkin Donuts

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Progress Bank - Madison

Progressive Union Missionary Baptist

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

St. Bartley PB Church

St. Luke Christian Church

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church



Rev. Dr. Oscar L. Montgomery, Vern Spearman and Gary T. Whitley, Jr.

Marketplace Leadership Luncheon Aids Local Businessowners

Huntsville's Marketplace Leadership Luncheon is held weekly at the Huntsville Country Club on Oakwood Avenue.

TVW was able to visit on Thursday, October 8. Elder Oscar Montgomery delivered a powerful message about encouraging, equipping, improving the business community.

According to Montgomery, leaders must make their lives count for something, must be faithful, not fearful and positive, not passive, courageous and not cowards.

Their motto is: Empowering the Business Community. Their mission is to empower the business community to recognize and fulfill their calling in the workplace, building God's Kingdom, impacting lives, and transforming communities through biblical

principles in understanding the divine purpose for their place, position, talent, expertise, and financial resource.

Their vision is to establish Marketplace Leadership Luncheons (MLL) hosted weekly for one hour, with invitations extended to the local business community, including pastoral leadership to affirm, acknowledge, and encourage them in their calling, to pray for and bless these business leaders, and to provide an atmosphere for fellowship and true relationships to grow.

The primary purpose is to affirm, encourage, and equip business leaders to change the world through their impact and service in the Marketplace.

*Contributed by
Dr. Vern Spearman*



Learning about the Realities of College

"We're learning about the realities of college."

Alabama Possible's Blueprints College Access Initiative launched for the 2015-16 school year during September. Blueprints has guided more than 3,200 Alabama high school students to plan, prepare, and pursue postsecondary education since 2009.

Blueprints teams high school students with near-peer mentors to help them make decisions about their postsecondary options and support them through the college admissions process. Mentors follow a curriculum that covers topics such as paying for college, career options, studying skills, and resume writing.

Hillcrest High School 9th grade student Sarah Taylor said,



"I really like how we're learning about the realities of college without it being in a condescending way."

Additionally, the National College Access Network recently awarded Alabama Possible a grant to take its Cash for College financial aid form completion work statewide.

"Many students and their families have no idea that financial aid is available by completing their FAFSA. Cash for College aims to change that, said Kristina Scott, executive director of Alabama Possible.

FMBC to Hold Women's Day

First Missionary Baptist Church will observe its annual Women's Day Celebration, Sunday, October 18.

The 2015 theme is "Women ... Kingdom Builders for Christ" - Ephesians 2:19-20.

The guest speaker will be The Rev. Michelle Cobb, superintendent of the North Central District in the Indiana Conference of the United Methodist Church.

Rev. Cobb will bring the mes-



sage at the 8 a.m. and 10:45 a.m. worship services.

 THE 3RD ANNUAL
**Community
Health Fair**

**WEDNESDAY,
OCTOBER 28, 2015**

11:00 a.m. - 3:00 p.m.

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The Valley Weekly*Ad Rates Single Issue**Back Cover*

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From the Editor

Fighting!

October is here and almost gone again. According to the Huntsville Hospital Foundations's website (<http://huntsvillehospitalfoundation.org/liz-hurley-ribbon-run/>), the Foundation, along with the Huntsville Track Club, are pleased to present the 12th annual Liz Hurley Ribbon Run. The race will take place on Saturday, October 17, starting at the corner of Lowe Avenue and Adams Street, and ending at Huntsville Junior High School. Over 6,500 runners and walkers are expected to participate this year. The event, featuring a 5K run and Survivors' Walk, was established in honor of local news anchor and breast cancer survivor, Liz Hurley. The event has become a North Alabama tradition with more than 300 teams, and participants donning custom-made t-shirts and pink costumes to support the Breast Centers at Huntsville and Madison Hospitals. The 2015 proceeds will fund a new digital mammography machine equipped with 3D technology. The community's support of the Ribbon Run makes that possible, along with funding the Breast Center's "Surviving and Thriving" program, which offers support for breast cancer survivors. We hope to see you on Saturday.

For many of us, "breast cancer" are fighting words. You see, a fighter is a "warrior, a soldier, someone who never gives up, someone who continues to try to to destroy the enemy" (Merriam-Webster.com). Many of you know that my youngest sister, Vanessa, lost the fight in 1995 to the enemy--breast cancer. She was the victim of "trust." She knew she had the lump because she discovered it; but, she trusted the mammogram that indicated it was not malignant. We encouraged her to get a second opinion, but her doctor told her, "You do not have cancer, we have looked at the results of the mammogram." After months of going back and forth, with a breast that was not healing after the mammogram and being told that healing was a 'slow process,' we finally convinced her that a second opinion was warranted. We went from MD Anderson to Vanderbilt University, from chemotherapy to radiation, to an eventual bone marrow transplant. God's knows we tried everything available to our family. Today, physicians are not offended at the suggestion of a second opinion. Many of them will suggest it when the patient has persistent questions about the results of a test, diagnosis, or nagging medical issue. That was not Vanessa's case. At 38 years old, the enemy of breast cancer took her down. With that, God was able to add another young, beautiful flower to HIS garden.

Our family is grateful for her short life. Her life has taught us many things over the years including: get an annual mammogram, seek a second medical opinion if things just don't seem right or if you are unsettled about the opinion you have been given, hold close to family and friends, share experiences with others to diminish or remove taboos, and the importance of training and education. The more we know, the better we can respond. Had we known then what we know now about breast cancer, the importance of early detection and treatment options, we might be in a difference space at this time. What we *do* know is that her short life was not lived in vain--she taught us much! We are still learning, educating and training.

October is my trigger, so I made a visit to the Breast Center last week for a mammogram. What about you? Have you taken the time to schedule and have your mammogram this year? "The Life You Save May Be Your Own" (Flannery O'Connor)

Until next week.



When you can't find a printed copy of The Valley Weekly around town, follow us on-line at www.valleyweeklyllc.com.

Dorothy

5th Annual Celebration for Breast Cancer Survivors

Kimberly Fails Jones Memorial Foundation, Inc. - Huntsville Marriott

October 9, 2015



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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.





Recent updates from the federal government.

1. The House and Senate are in session this week. Among other bills, the House will vote on legislation to end the 40-year-old ban on the export of domestically-produced crude oil, which pits oil producers (yea) against oil refiners (nay). The Senate Banking Committee approved a bill last Thursday to end the ban, but its future is clouded by a poison pill amendment added by Sen. Pat Toomey (R-PA) that would make Iran compensate U.S. victims of Iranian-backed terrorism.

2. The Senate will attempt to take up the FY 2016 Defense Authorization bill, which the House passed last week, but - like last week's smack down on the Military Construction Appropriations bill - Senate Democrats likely again will block any spending bill that does not raise the spending limits agreed to in 2011 (known as the

"sequester caps"). In addition, the White House has issued a veto threat on the bill, because it would keep the caps in place, but authorize \$38 billion in extra defense spending through the Overseas Contingency Operations account - which the bill's authors conveniently don't count against the caps.

3. On Thursday, October 8, House Republicans sought to choose a new Speaker to succeed outgoing Speaker John Boehner. There are 3 members running for Speaker: House Majority Leader Kevin McCarthy (R-CA); House Oversight and Government Reform Committee Chairman Jason Chaffetz (R-UT) and Rep. Daniel Webster (R-FL). McCarthy is the favorite to win, but Rep. Chaffetz in his announcement on Sunday declared that there are at least 50 GOPer's out of 246 who oppose Rep. McCarthy (218 votes are needed to win). House GOP Members will vote by secret ballot on Thursday, followed by a floor vote in the full

House later this month.

4. On October 9, President Obama travels to Seattle to attend a fundraising luncheon for Sen. Patty Murray (D-WA), one of his administration's strongest supporters in the Senate, who was an early support of the Iran nuclear deal and the Trans Pacific Partnership.

5. Last Thursday, the EPA published its long-anticipated Ozone Rule, which lowered the ground-level ozone limit from 75 parts per billion to 70 ppb. The move fulfills a long-delayed campaign promise by President Obama as he works to cement a legacy on climate change and other environmental policies before leaving office in January 2017. The EPA's stricter limits on ozone also set a new standard that communities around the country will have to meet, but the EPA suggests that, by using existing programs to reduce pollution, the vast majority of counties will be able to meet the new standard by 2025.

6. Happy Birthday, Yosemite National Park! October 1 was the 125th anniversary of Yosemite National Park, created by legislation signed by President Benjamin Harrison on Oct. 1, 1890.

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Dr. Zaheer Khan, M.D., MRCP (London) Gerontologist, Founder & Medical Director of the Center for Aging

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Promoting Your Business Through Partnerships

#Myteamcan is a catchy marketing scheme from Budlight that represents a lineup of NFL teams on the cans.

If you like beer for game days, then Budlight has enhanced the way you support your team. While you're hosting a tailgate party and rocking your team's T-shirt, the ale has added fuel to the fan-fire that naturally happens on game day.

Fans are usually die-heart supporters or lovers of something, therefore, playing off of the fanatics tactic is always a savvy move for entrepreneurs.

There are plenty of people who are rich from selling t-shirts. Why? Because people pay for things they have a connection with, relate to, or support. Jerseys, ball caps, apparel, key chains, car tags, etc have made many people wealthy because it gives you a way to represent your team, city, or cause.

Paraphernalia is a platform to show what you stand for, and we all don't mind doing that for our team. "Budlight is the official beer sponsor for the NFL," therefore this makes complete business sense for the beer company to represent football teams on the cans as a method to increase sells from football fans.



Thus, partnerships are the threshold for successful business practices. Teaming up with the right companies and partners can boost your business.

The advertising industry is notable for developing partnerships and endorsements. Many ads display the union of either a celebrity and a product, or company collaboration.

When working to promote or push your product, it sometimes requires a team, and not just a street team. You also need a team that will work like a machine where different people or companies with different functions, come together to produce results.

Budlight and the NFL, for instance, are both big, notable companies, with a large fan base; yet they continue to spend money on marketing and promotions.

No matter how big your business becomes, there is always room for growth and always a dollar to be made.

by Amoi Savage

October 16

Downtown Street Food Gathering
Church Street
6-9 p.m.

October 17

"Be the Match"
1875 Steps Benefit Walk
Register: www.bethematchwalk.com
Alabama A&M University Legacy Lake (Free)
8 a.m.

Military Appreciation Day
Louis Crews Stadium-AAMU
1 p.m.

October 19

Rockin' Story Time
Huntsville Public Library
10:30-11:30 a.m.

October 24

Second Harvest Banquet
Sponsor: Lakeside UM Church
Speaker: Rev. Donald F. Smith,
Center Grove UM Church
Tickets, \$40; (256) 536-9400
(Transportation provided from church)
Ernest Knight Center/AAMU
6 p.m.

October 28

3rd Annual Community Health Fair
Millet Activity Center
Oakwood University

Calendar of Events

11 a.m.-3 p.m.

October 29-December 3
Mandarin Chinese (Beyond the Basics) Free Continuing Education Class
AAMU Center for Extended Studies
Thursdays, 5:30-7 p.m.
(256) 372-5753

October 31

Walk to Defeat ALS
HudsonAlpha Institute for Biotechnology
Family style picnic celebration following the walk
Free registration at walktodefeatals.org or 800-664-1242
10 a.m.

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Broker/Owner

DLC Welcomes Fourth Cohort of Professionals

The Tennessee Valley Diversity Leadership Colloquium has started its fourth and final cohort for 2015. Cohort IV began Tuesday, October 6, 2015, with 10 members, and it will conclude in November.

Tyran Bone is a detailed and seasoned senior financial service executive with a proven background in client management skills and strategic planning in the banking industry, and she has over 24 years of experience in financial service in the banking industry. At First Commercial Bank, she serves as the Personal Banker II assisting officers with account opening and any issues or concerns, participating with the Branch Manager and Lobby Manager of the branch. She received the Bachelor of Science degree with a major in organizational management from Oakwood University.



Sandra Nicole "Nikki" Butler received the Bachelor of Science degree with a major in business management and minor in small business and entrepreneurship from Athens State University in May 2012. She pursued further undergraduate courses in business management at the University of Alabama in Huntsville, and completed TVA's course on communicating effectively with utility customer.

Butler started her professional career at Regions Bank working as a teller. After a short stint with the bank, she became employed at Huntsville Utilities as a receptionist. At Huntsville Utilities, she has held several positions such as collection clerk, customer contact clerk, and commercial contact clerk. In her current position as an administrative assistant, she provides administrative and clerical support for two department heads.

Janic Capshaw is the vice president of human resources at Huntsville Utilities. In this position, she is responsible for leading and directing a staff of nine (9) in all aspects of human resources. Prior to joining Huntsville Utilities, she worked with various companies in human resource management positions, namely, Eaton Corporation, Goodyear Dunlop Tire, Mitchell Plastics and Corr Wireless. She received the Bachelor of Science degree in business administration from Athens State University and the Master of Science degree in human resource management from Florida Institute of Technology.



Dorothy El-Amin is a native of Chicago, Ill. She attended Alabama A&M University, where she studied the field of elementary education. Currently, she serves as the PTA president of Lakewood Elementary School in Huntsville, Alabama. Also, she has worked as a parent coordinator. As a parent coordinator, she became a visible role model so that others would become partners in their children's education. Dorothy has a strong background in governmental relations and is a former legislative aide to New York Assemblywoman Michelle Solages.

Lillian B. Henderson serves as a financial advisor for Edward Jones Investment. As a financial advisor, she manages and advises clients on investment-related services and creates plans and financial solutions relative to retirement and estate planning and wealth management. Prior to becoming a financial advisor with Edwards Jones Investment, she was employed with Prosperity Private Investment in Victoria, Texas. At Prosperity, she was an investment associate contractor and implemented strategies to improve operations for Financial Advisors by providing streamline solutions for clients.



George Johnson, Jr., is the director of integrated marketing and public relations at Oakwood University. His skill set includes editing, marketing, advertising, recruiting, fundraising, designing, media training, facilitating

and event planning. As the director of integrated marketing and public relations, he has made a significant contribution to the mission of Oakwood University.

Prior to coming to Oakwood University, he held numerous positions in Communication at other institutions of learning.

Melodie M. Morgan is an administrative assistant at the Union Chapel Christian Academy. Since 2001, she has worked in a faith-based environment and held several positions, such as nursery school teacher and accountant assistant. In her present position as administrative assistant, she provides administrative and secretarial support to the principal, in addition to typing, filing, scheduling appointments, maintaining and providing attendance sheets and other responsibilities. She received the Associate Degree in office administration from J. F. Drake State Community and Technical College in 2006. In 2000, she received certification as a daycare director. Currently, she is enrolled as an undergraduate student at Oakwood University.

Edwan L. O'Neal is an experienced, innovative and creative higher education administrator with diversified experience in student affairs. He serves as

the Coordinator of Upward Bound-TRIO Program at the North Alabama Center for Educational Excellence. He has held several positions related to student affairs and student recruitment at higher education institutions of learning, such as director of student activities and leadership development, Alabama A&M University; assistant director of admissions/recruitment and academic specialist/coordinator for student life, Alabama Southern Community College. Currently, he is a doctoral candidate at Walden University in the higher education leadership program.

Xantheia Watkins is the logistics/operations supervisor of the Bulldog Transit System (BTS) at Alabama A&M University. She oversees the management and logistical operations of BTS. Also, she obtained a wealth of experiential learning opportunities through the participation in internship programs in the area of urban planning. She has interned with the following organizations and companies: City of Huntsville Long Range Planning, Top of Alabama Council of Governments (TARCOG), Alabama Sustainable Agriculture Network (ASAN) and Jean O'Conner-Snyder Project

David Mathew Center of Civic Life. Xantheia received the Bachelor of Science degree with a major in electrical engineering technology and minor in computer science and the Master of Community and Regional Planning degree with a concentration in transportation from Alabama A&M University. Richetta Alicia Wilkerson is a Department of Defense employee at Headquarters, Army Materiel Command (AMC) at Redstone Arsenal, Alabama. At AMC, she serves as a logistics management specialist responsible for planning, directing, controlling, and coordinating the implementation of AMC's new and evolving logistics management systems. She is a graduate of Alabama A&M University with a major in Social Work and minor in Criminal Justice. In recognition of service in her profession and to the community, she received 30 years Service Recognition Certificate and Pin from General Dennis L. Via and the 2015 Arthur Pillar Award from the Alabama A&M University Alumni Association, Inc. She enjoys photography, playing pool and collecting and displaying model trains.



The Colloquium will continue with Cohort V in March 2016. Applications are being accepted at www.diversityleadershipcolloquium.com.

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the Coordinator of Upward Bound-TRIO Program at the North Alabama Center for Educational Excellence. He has held several positions related to student affairs and student recruitment at higher education institutions of learning, such as director of student activities and leadership development, Alabama A&M University; assistant director of admissions/recruitment and academic specialist/coordinator for student life, Alabama Southern Community College. Currently, he is a doctoral candidate at Walden University in the higher education leadership program.

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David Mathew Center of Civic Life. Xantheia received the Bachelor of Science degree with a major in electrical engineering technology and minor in computer science and the Master of Community and Regional Planning degree with a concentration in transportation from Alabama A&M University. Richetta Alicia Wilkerson is a Department of Defense employee at Headquarters, Army Materiel Command (AMC) at Redstone Arsenal, Alabama. At AMC, she serves as a logistics management specialist responsible for planning, directing, controlling, and coordinating the implementation of AMC's new and evolving logistics management systems. She is a graduate of Alabama A&M University with a major in Social Work and minor in Criminal Justice. In recognition of service in her profession and to the community, she received 30 years Service Recognition Certificate and Pin from General Dennis L. Via and the 2015 Arthur Pillar Award from the Alabama A&M University Alumni Association, Inc. She enjoys photography, playing pool and collecting and displaying model trains.

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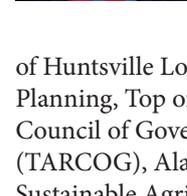
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