



Volume 5, No. 6

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Friday, October 19, 2018

Liz Hurley Ribbon Run Scheduled

Huntsville Hospital Foundation's 15th annual Liz Hurley Ribbon Run 5K and Survivors' Walk will be held on Saturday, Oct. 20, at Huntsville Junior High School.

The Survivors' Walk will now start at 8 a.m., giving race participants the opportunity to honor and cheer on participating breast cancer survivors. The 5K race will then begin at 8:30 a.m., with runner awards at 10 a.m. The event will also feature pink race shirts for the first time ever, free to every runner who registers.

The 2018 race will once again raise essential funds for the Huntsville and Madison Hospital Breast Centers. This year's proceeds will enable the Foundation to purchase a new ultrasound machine and three ultrasound upgrades for Huntsville Hospital Breast Center, and will go toward the purchase of a new 3D tomosynthesis machine for Madison Hospital Breast Center.

For more information or to register, please visit lizhurleyribbonrun.org. The \$25 early-bird rate ends soon.

Deltas Sponsoring Forum

The Huntsville Alumnae Chapter of Delta Sigma

Theta Sorority, Inc., will hold its "Election 2018 Political Forum" Issues That Matter" on Thursday, November 1, at Pine Grove Missionary Baptist Church at 6 p.m. The church is located at 759 Pine Grove

Road, Harvest, Ala. Among the political candidates scheduled to participate are: Will

Ainsworth and Dr. Will Boyd (Lt. Governor); Kevin Turner and Tim Clardy (Sheriff); Steve Marshall and Joseph Siegelman (Attorney General); and Frank Barger and Michael Walker (Probate Judge).

Questions can be forwarded to hsvtownhallquestions@gmail.com.

Chancellor Names New President of Drake State

level institution with a 100

percent transfer popula-

tion, provided her with a

unique perspective on the

receiving end of commu-

nity college graduates that

will serve her well in her

"My career as an

educator, administrator,

leader has prepared me

Drake State," Sims said.

of Science degree from

the University of West

Education degree from

bilt University.

Alabama and a Master of

Alabama A&M University.

She also received a Doctor

of Education from Vander-

advocate, and community

for the role of president at

Sims earned a Bachelor

new role.

At the recent Alabama **Community College** System board of trustees meeting, Chancellor Jimmy H. Baker announced the selection of Dr. Patricia Sims as president of J.F. Drake State Community and Technical College.

Sims has 25 years of experience in both K-12 and higher education. Most recently, she served as dean of the College of Education at Athens State University in Athens, Ala. Sims previously served at Drake State for more than 12 years as student services management director and dean of instructional and student services.

"Dr. Sims' proven leadership and commitment to innovation and student success makes her the right choice for Drake State," Baker said. "With unique experience in all levels of education, from teacher to principal to dean, Sims brings with her tremendous energy and enthusiasm and I am confident Drake State will flourish under her leadership."

Sims' most recent position at Athens State University, a two-year upper

SPW Plans Blue Carpet Affair The Society of Professional Women will host its Second Annual Blue Carpet Affair and Christ-

mas Gala. "Her Story is Our Strength" honors four luminaries who exemplify the

spirit of community service. The Society of Professional Women's mission is "To enhance and foster the growth of a diverse community" around educational values of family living and cultivating its morals through community services and instilling precepts of virtue and order.

The public is invited to a celebration of excellence honoring Dr. Lydia Andrews of Huntsville, Ala.; Dr. Verlindsey Steward Brown of Huntsville, Ala.;

Claudia Bucher of Huntsville, Ala.; and Saundra Simmons of Huntsville, Ala. The affair

will be held Saturday, December 8, at 6 p.m. at the Robert "Bob" Harrison Senior Wellness & Advocacy Center located at 6156 Pulaski Pike, Huntsville, Ala.

Tickets are \$30 per person or \$300 for a table. Contact Claudinette Purifoy-Fears at (256) 651 3621 or e-mail cpurifoy@ bellsouth.net.



Spotlight on Elders: James D. Foster, Page 4 Champion Game Plan for Life, Page 2 Redstone Team Wins at Ten-Miler, Page 2 AAMU Homecoming 2018, Page 3 Valley Events, Page 6 United Way Big Reading Day, Page 7 Nobel Laureates and Ego-Holism, Page 8



The Valley Weekly

October 19, 2018

Champion Game Plan for Life

by Preston Brown

Matthew 6:33 says: But seek ye first his kingdom and his righteousness, and all these things will be given to you as well.

You know, it is amazing to me that, depending on what "season" you are in, as it pertains to your spiritual life, how this scripture will affect you.

In other words, you can read something one year and then the next year it seems to take on a different meaning. This year, this scripture speaks to me a message of "more than enough." Because when we seek God first in our lives, we will realize that we have more than enough.

Today, we seem to live in a time when there is never enough. There is always the need for more, never less. For example, many people's jobs require more effort, more production, and more time. Even in the church, we need more members. Let's face it. We live in a

time of never enough. Many times when we wake up in the morning, we say, "I didn't get enough sleep." Or, when we go to bed at night, we say "We didn't get enough done in the day." It's always never enough.

And then, so often we may have enough money, but not enough time to enjoy it, or we have time but not enough money. That's why Ecclesiastes says, "Whoever loves money never has enough." Whoever loves wealth is never satisfied with their income. So what is the answer?

I believe that until we seek God first in our lives, we will always feel like we don't have enough. There will always be this insatiable appetite that cannot be filled. That's why we all need to be looking for that well that won't run dry, and we can only find it when we partner with Jesus and let him



take control of our lives. Also, let him take control of your finances. And we do that by asking God to supply us with the discerning wisdom to take control of what really matters, and that comes when we seek first his kingdom and his righteousness, and his promise to us is that all other things, significant things, will be added to our lives ... Stay encouraged, my brothers and sisters, and make sure you purchase a copy of "A Champion Game Plan For Life" at amazon.com or BarnesandNoble.com. This book is a "life changer."



Redstone Team Wins at Army Ten-Miler

Redstone Arsenal won double repeat championships Sunday at the 34th annual Army-Ten Miler near the Pentagon.

Team Redstone won its 12th straight championship in the government agency division and 10th straight title in the all-comers division.

Brandon York, in his sixth year with the team,

finished fourth overall out of more than 30,000 runners. He won the men's 30-39 age group in 51 minutes, 26 seconds.

York led Redstone to first in all-comers with Blaise Binns (58:05), Bo Brawner (1:01:31) and David Stout (1:03:35). Rounding out the team were Will Rodgers, Chief Warrant Officer 3 Walner Nelson, Sean Allan and assistant coach Skip Vaughn.

Beck Mitchell (57:37) led the government agency team with Daniel Sillivant (59:08), Kyle Miller (59:55) and Blake Thompson (1:00:59). Rounding out the team were Matt Casiano, Conrad Meyer, Chief Warrant Officer 5 David Cassity and coach Harry Hobbs.



Here are the top issues in Washington, D.C., for this week.

1. The House and Senate are in recess until November 13. Last Thursday, Senate Democrats agreed to a deal with the GOP to adjourn two weeks early in exchange for immediately confirming three federal circuit court judges and 12 federal district court judges. According to Politico, the current tally of confirmed federal judges nominated by President Trump over the past two years adds up to 84 judges, including two Supreme Court justices. 2. This week, President Trump has another busy schedule of campaign appearances with stops in Missoula, Mont., on Thursday, Mesa, Ariz., on Friday and Elko, NV on Saturday. On Wednesday, the President convened a Cabinet meeting at the White House and hosted an award

ceremony to present the Med-

al of Honor to Sgt. Maj. John Canley, USMC, Ret. of Oxnard, Calif., who is an 80-year-old veteran of the Vietnam War and the 300th Marine to win the Medal of Honor.

3. The Axios website reported on Saturday that President Trump will announce his choice of D.C. civil litigator Pat Cipollone to replace departing White House

Counsel Donald McGahn. Cipollone, who worked in the Bush 43 Justice Department, was also a partner at Kirkland and Ellis with Supreme Court Justice Brett Kavanaugh. According to The Washington Post, Cipollone has been informally advising President Trump on the Russia Special Counsel probe for the last four months and is very active in the Roman Catholic Church – with Fox News host Laura Ingraham crediting Cipollone as her mentor when she converted to the faith in 2002.

4. With 22 days to go before the Mid-Term elections on Nov. 6, a new Washington Post/ABC News poll of 1,144 adults conducted last Monday through Thursday shows a significant 12% overall increase from 2014 in the number of people who are planning to vote (or who have already voted) in the Mid-Term elections, with Democrat and Independent voter enthusiasm leading the pack up 18% and 13%, respectively (GOP voters were up 4%). One very striking fact in the poll was that voters aged 18-39 registered a 25% increase in their determination to vote. In the same poll, President Trump's approval rating rose 5 points to 41% and, for the first time in this poll, the President received a net positive rating of 49% on his handling of the economy.

5. Last Friday, The Washington Examiner published a list of 289 accomplishments by the Trump Administration since Jan. 2017, including the new US/Canada/Mexico trade agreement, the creation of 3.5 million jobs, the lowest unemployment rate since 1969, a partial roll-back of the Dodd-Frank financial reform law, and the deportation of 226,000 undocumented immigrants.

6. On Monday, in a Boston courtroom, the battle over Harvard University's use of race in admissions begin. The outcome of this case could have broad ramifications for affirmative action in the United States. Harvard is defending itself against a lawsuit claiming its admissions process is unfair to Asian-American applicants, who the suit argues are held to a higher standard than applicants from other groups. Led by longtime anti-affirmative-action activist Edward Blum, the legal battle is seen by many as the next opening to ban race in admissions. Coincidentally, its journey begins just after President Trump added a fifth conservative justice to the Supreme Court, where the case is likely to end.

7. The White House announced that the ticket lottery to attend the 96th lighting ceremony for the National Christmas Tree on the White House Ellipse on Nov. 28 will open at 10:00 a.m. EDT this Thursday, Oct. 18 thru 10:00 a.m. on Oct. 22. To enter the lottery, go to recreation.gov and then click on the link that says "ticket lottery." Winners will be notified on Oct. 29.

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October 19, 2018

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Half Page Horizontal

submissions.

Back Cover

Fourth Page

Eighth Page

Sixteenth Page

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ALAMAN ALAMA





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Spotlight on Our Elders ... Featuring

James D. Foster

A native of Birmingham, Ala., James D. Foster (James d foster) is a graduate of Carver High School. He enrolled in Alabama A&M University and earned a degree in history and government. He later completed two graduate degrees, one in urban studies/city planning and the other in personnel management. He did further study in business management at the University of Virginia, Charlotte, Va. The administrator also served two years in the Army with assignments in both Europe and Vietnam.

He is a retiree from the federal government following some 38-plus years of service, primarily in the human resources area (civilian personnel administration). He also served two years as Redstone military educational officer; however, he actually began

his career in the field of electronicsmissile radar systems. His career

was punctuated by a twoyear tour in Korea 1976-78 as the personnel training liaison officer.

He also served a special split assignment between Headquarters Army Materiel Command, Alexandria, Va., and Redstone Arsenal from 1983-88, directing and coordinating the development of three high level employee develop-

ment programs. Foster has been the recipient of several awards for his contributions to his

> professional work environment, community, civic groups and other membership organizations.

He is a life member of the Alabama A&M Alumni Association, once

serving as president of the local chapter; life member of Kappa Alpha Psi Fraternity, Inc. (served as Polemarch and on various committees); life member of Blacks In Government (BIG); and life member of NAACP.

Tips to Boost Your Career

(BPT) The rapid pace of change in jobs means the era of one-and-done learning is over. It no longer matters what you learned in the past--to stay relevant you need to upskill. So if you want to improve your marketability and get ahead in your career, it's time to think about the valuable skills that could open the door to new opportunities. The good news is with tools and online courses on platforms like LinkedIn Learning, you can explore and develop critical skills and interests - right at your fingertips anytime, anywhere.

"Experience never gets old, but your skills can," says Marci Alboher, author of *The Encore Career Handbook* and LinkedIn Learning instructor. "Re-skilling throughout your career will position you to ensure you're finding meaning in your work, growing in your profession and making an impact along the way."

Here are three tips for kick-starting your learning efforts.

1. Find the time! The #1 career goal for professionals in 2018 is to learn a new skill - but not everyone knows where to fit learning into their daily lives. Start



by picking 5- to 10-minute windows in your daily routine--you don't need to find hours, minutes are fine. For example, try skimming through courses on a Sunday night, and make a wish list of courses to view throughout the week, whenever it's convenient for your busy life.

2. Make it a habit. They say a habit is formed in 21 days. Whenever you slot learning into your daily schedule, try to pick a time when you can make it routine. Fun fact: LinkedIn Learning also sets a reminder for you, so it's one less thing you have to remember in your day. 3. Pick your skills. Soft

3. Pick your skills. Soft skills, such as communication and critical thinking, will give you a competitive advantage in the workplace. LinkedIn makes it easy to identify the skills you need by alerting you to the most in-demand skills for your job and industry, based on your LinkedIn profile, from project management to leadership.

One of the most important skills for keeping your passions alive is to learn how to be a lifelong learner. In any industry, in any phase of life, there are always new skills to be gained, and new knowledge to explore. Committing yourself to being someone with a constant appetite for learning will enrich you not only today, but throughout the course of your career. To learn more, visit www. linkedin.com/learning.

FAITH Initiative Funds Scholarships by Dr. Joyce Pettis Temple

The Faith Initiative is inviting interested individuals and families to create an endowed scholarship to honor a deserving family member(s).

Currently, FAITH awards the Bobby Bodiford Memorial Scholarship and Dr. Constance Dees Memorial Scholarship; both are for \$1,000 and awarded at the organization's Annual Event, held in April. These scholarships are supported by advocates for education and family members and friends of the Bodiford and Dees families, respectively.

FAITH recognizes both the monetary needs of high school graduates seeking to attend college as well as the rising costs of higher education. Therefore, FAITH is welcoming additional annual and endowed scholarships. An endowed scholarship is an infinite gift. The principal is invested and the scholarship



is based on the interest. An endowed scholarship is an honorable way to preserve someone's name into perpetuity as the two current scholarships pay homage to two outstanding educators.

If those interested in creating such scholarships require time to establish an

endowment, it is also possible that an annual scholarship may be given during the establishing time period.

The FAITH Board of Directors is excited to discuss the process and the details with interested individuals or families.

Please contact us as soon as possible (but by October 30, 2018) at faithinitiativenonprofit@gmail. com; call (256) 714-9377; or write us at the P. O. Box 3858, Huntsville, AL 35810.

The FAITH Initiative is a nonprofit organization; donations are tax deductible. Motto: The FAITH Initiative: Inspiring Transformation and Hope.

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

AAMU Public Relations Office

Albert's Flowers

Alphonso Beckles, Attorney at Law

Bob Harrison Senior Wellness Center

Briar Fork CP Church

Bryant Bank - Church Street

Chris' Barber Shop

Depot Professional Building

Dunkin Donuts

Eagles' Nest Ministries

Fellowship of Faith Church

Fellowship Presbyterian Church

Health Unlimited

House of Hope and Restoration

Huntsville Bible College

James Smith - AllState Insurance

Lakeside United Methodist Church

Lucky's Supermarket

Marshall England - State Farm Agent

Martinson & Beason, PC

Nelms Memorial Funeral Home

N. Ala. Center for Educational Excellence

Oakwood University Post Office

Regency Retirement Village

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Huntsville City **Council Meetings**

Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal

Building on the 2nd and 4th

Thursday of each month at 6 p.m. Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m. For more information, call (256) 427-5011.

The Valley Weekly



Visit www.aka-rco.org for the application packet. Postmark Deadline: October 31, 2018

Campus Group to Hold 'Trunk or Treat'

The University Echoes, parking lot of Louis Crews Alabama A&M University's Stadium from 6-8 p.m. student ambassadors, will Open to the public, the

event will feature numerous student organizations, decorated vehicles and

tion, contact univechoes@ bulldogs.aamu.edu or call (256) 372-5245.

Domestic Violence Awareness Walk Slated

Track, located at 4600 Blue Spring Road in Huntsville, Ala.

Registration will begin at 8 a.m., and the walk will start promptly at 8:30 a.m.

According to a recent report from the Statistical Analysis Center of the Alabama Law Enforcement Agency, one in three women and one in four men have experienced some form of physical violence by an intimate partner.

On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute. Intimate partner violence accounts for 15% of all violent crime. Having a gun in the home increases the risk of homicide by at least 500%. Join the 3rd Domestic Violence Awareness Walk. Get involved, join the walk and wear purple throughout the month.

alley Deaths

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- Nelms Memorial Funeral Home -

Funeral service for MR. DARRELL W. BAKER (b. 1959) was held Wednesday, October 17, at Morning Star Missionary Baptist Church in Deposit, Ala., with Pastor William Carter, Jr., officiating.

Funeral service for MR. TREVON HARDY-SELL-ERS (b. 1994) was held on Tuesday, October 2, at Fellowship of Faith Church with Pastor Troy L. Garner officiating.

Funeral service for MS. SHAWNTIA TAJA JACK-SON (b. 1996) was held Tuesday, October 2, at Fellowship of Faith Church with Pastor Troy L. Garner officiating.

Funeral service for MS. GERALDINE G. TURNER (b. 1951) was held Saturday, September 29, at New Hopewell Missionary Baptist Church with Pastor Larry Lockett, Sr., officiating.

- Royal Funeral Home -

Funeral service for MR. LEE J. GAGE (b. 1922) will be held Saturday, October 20, at Royal Chapel of Memories with Pastor Dave Draper officiating.

Funeral service for MRS. EVANGELINE SPILL-MAN (b. 1919) will be held Thursday, October 18, at Lakeside United Methodist Church with Rev. Earla Lockhart officiating.

Funeral service for MS. INGRA CONLEY (b. 1969) was held Tuesday, October 16, at Union Chapel Missionary Baptist Church with Dr. O. Wendell Davis officiating.

Funeral service for MS. JOHNNIE MAE SALES HARRIS (b. 1937) was held Sunday, October 14, at St. Andrew Primitive Baptist Church in Madison, Ala., with Pastor Michael Hartwell officiating.

- Serenity Funeral Home -

Funeral service for MR. MATTHEW BRIAN AD-DERLEY (b. 1986) was held on Tuesday, October 16, at 11 a.m. at Oakwood University Church (5500 Adventist Blvd NW Huntsville, Ala.) with Dr. Carlton P. Byrd officiating.

Funeral service for MRS. GLORIA CATTAGE (b. 1951) was held on Friday, September 28, at 5 p.m. at Serenity Funeral Home (2505 University Drive NW Huntsville, AL) with Sister Brittany Pitts officiating.

"a safe and spooktacular night." For additional informa-

Mizpah Chapter No. 37 Order of Eastern Star, Evening Star Lodge No. 6 F. & A.M. of Alabama and Crisis Services of North Alabama, in association with the City of Huntsville Department of Parks and Recreation, will sponsor the Domestic Violence Awareness Walk on Saturday, October 20, from 8 a.m.-12 noon at the Dr. Richard Showers Recreation Center Walking

hold their annual Trunk

or Treat event on Friday,

October 19, in the tailgate

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The Valley Weekly

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The Valley Weekly Calendar of Events

October 19

Estate Planning Discover How Estate Planning Can Benefit You and Your Family, No Matter How Much (or Little) Money You Have The Atrium at Redstone Federal Credit Union 220 Wynn Drive Huntsville, Ala. 9 a.m.-12 noon RSVP: hhutchinson@welchhornsby.com by Oct. 12

Eighth Annual Breast Cancer Survivors Celebration Sponsor: Kimberly Fails Jones Foundation www.kfjfoundation.org Vendors: (256) 658-5678 Von Braun Center-North Hall Huntsville, Ala. 7-9 p.m.

October 20

Ribbon Cutting Ceremony Church Street CPCA 228 Church Street Huntsville, Ala. - 9 a.m.

October 21-January 13 Exhibit

"Louis Comfort Tiffany: Treasures from the Driehaus Museum" Huth, Boeing, Salmon, Haws & Chan Galleries Huntsville Museum of Art A celebration of beauty, Louis Comfort Tiffany: Treasures from the Driehaus Collection features more than 60 objects spanning over 30 years of Tiffany's prolific career.

October 27

Live Taping of Christmas Special for ABC Television featuring gospel artist, Kirk Franklin - Oakwood University Church, 5500 Adventist Blvd., NW, Huntsville, Ala. 11 a.m.

Magic City Classic Game AAMU vs. Alabama State University Legion Field 2:30 p.m. Called Preach by Pastor/Founder Michael D. Rice Grace Gethsemane Mission Church

Bothersome Biodata

Biodata is defined as information regarding an individual's education and work history, especially in the context of a selection process.

In other words, it is that section of the resume where a potential employee gives background data to a potential employer, hoping to convince that employer that they are a good hire.

The problem with a resume is that a person can give fake biodata, making them look better than they are. The writer of Hebrews sought to inform his first readers and listeners that one cannot do that with God and to warn them of what I call the tragedy of avoiding the bothersome biodata found in the word of God.

James sought to give the remedy for that tragedy. The reason the biodata

BIRTHDAY - October 19 - EVANDER HOLYFIELD - Born in Atmore, Ala., Evander Holyfield is an American retired professional boxer who competed from 1984 to 2011. He reigned as the undisputed champion at cruiserweight in the late 1980s and at heavyweight in the early 1990s. - BlackinTime.info



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found in God's word is bothersome is its ability to cut beneath the surface and give distinctive designation to true motives.

Avoidance is a tragedy because the truth of the matter is that the same word that cuts, also cures. James likens God's word to a mirror and says that it is the sin of brevity before that mirror that causes one to soon forget what that mirror reflects and thereby tries to get by with a hideous hypocrisy rather than a trusting transparency before God, who can change that bothersome biodata to a better one.

That surgical succor found in God's word is one's only hope. James says instead of just reading the Bible, let it read us.



Estate Planning

Discover How Estate Planning Can Benefit You and Your Family No Matter How Much (or Little) Money You Have

Friday, October 19, 2018 9:00 a.m. to 12:00 p.m. The Atrium (Gemini Room) at Redstone Federal Credit Union 220 Wynn Drive, Huntsville, AL 35893 Presented by: The Financial & Estate Planning Council of Huntsville *RSVP Harvey Hutchinson at (hhutchinson@welchhornsby.com)* by October 12, 2018.



SPEAKERS:

John B. Burns, Esq. Managing Member John Burns Estate & Elder Care Law

Christel Dunn, CFP[®] Wealth Management Advisor Staley Dunn Wealth Management Group, Merrill Lynch

Harvey A. Hutchinson, AEP[®] CFP[®] Client Advisor Welch Hornsby

Stephanie K. Kingsford, CPA, CFP® Associate Womack & Associates Shari Burnum, CFP® CExP™ Branch Manager Investor's Resource

Doreen Grannis-Viscovich, CRPC® Financial Advisor Staley Dunn Wealth Management Group, Merrill Lynch

Dean Johnson, CTFA Senior Fiduciary Advisor PNC Wealth Management

David Staley, CFP[®] CDFA[™] CRPC[®] Senior Resident Director Staley Dunn Wealth Management Group, Merrill Lynch

The Valley Weekly



United Way Announces Big Reading Day

Local governments across Madison County are declaring JUMPSTART READ FOR THE RECORD DAY in Madison County for the 10th year in a row.

This year's event, sponsored by United Way of Madison County, gives parents, guardians, and caregivers with children ages 3 to 8 years a chance to share a fun story, Maybe Something Beautiful by F. Isabel Campoy and Theresa Howell, (and to raise awareness of the importance of reading and education).

A national partner with the Jumpstart organization and the first United Way in the U.S. to host a community-wide event, the local United Way continues to grow this advocacy and service effort. This annual event gives United Way special opportunity to draw attention to the work they do with partner agencies and initiatives in this community year round.

"Our local community has made it clear they want our young children to grow to reach their potential, and be prepared for tomorrow's workforce, and we know that starts with early learning, United Way has made quality education and healthy lifestyles for every child a priority," shared United Way CEO Clay Vandiver.

United Way's Community Impact Director Cathy Miller adds, "This one big day helps us draw attention to an essential part of education. We bring the entire community together to participate while emphasizing the important role each of us plays in the future generation's literacy and success."

Children and their families may participate in public reads at the

- Big Spring Park East with ARTS Huntsville on Thursday, October 25 at 10:00am, 1:00pm, and 4:00 pm with special Spirited Bunnies public art exhibit

- Early Works Children's Museum on Thursday, October 25 (as part of their regular programming - contact for specific times)

- Green Street Marketplace at Nativity (October 25 in the late afternoon/early evening)

- Huntsville/Madison County Public Libraries at their 15 weekly preschool story times

- Huntsville Botanical Gardens as part of Bootanica on Saturday, October 27

- Learning Express Toy Store on October 25 at 10:30am

- U.S. Space & Rocket Center on October 25 (as part of their regular programming - contact for specific times).



MUSTANG CAFÉ

LUNCH SERVED MONDAY THRU FRIDAY 11:00AM UNTIL 2:00 PM

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Latest Medical Nobel Winners Mimic Moses, Michelangelo ... and Ego-holism Recovering Step #2 by tim allston

2 And the Lord said unto him, What is that in thine hand? And he said, A rod.

3 And he said, Cast it on the ground. And he cast it on the ground, and it became a serpent; and Moses fled from before it. 4 And the Lord said unto Moses, Put forth thine hand, and take it by the tail. And he put forth his hand, and caught it, and it became a rod in his hand:

5 That they may believe ..." -Exodus 4:2-5, King James Version

Someone once asked Michelangelo: how did you create "David," from that huge block of marble? The 16th century sculptor answered: "David always existed in that marble block; my job was simply to chip away the excess rock around it."

Perhaps that was the thinking, motivation for Kyoto University's Tasuku Honjo and University of Texas MD Anderson Cancer Center's James P. Allison's pioneering cancer treatment discoveries, which led to their receipt of the 2018 Nobel Prize for Medicine.

"Cancer kills millions of people every year and is one of humanity's greatest health challenges. By stimulating the inherent ability of our immune system to attack tumor cells this year's Nobel Laureates have established an entirely new principle for cancer therapy," explained the Nobel Committee.

Although 6,856 miles apart in geography and independent research, Allison and Honjo followed the same "Moses and Michelangelo models": each worked with existing tools; each kept digging below the expected norms; and consequently, each of these four pioneers un-earthed new pathways to freedom, artistic expression and alleviating human suffering.

As you seek to recover from ego-holism - i.e., the addiction to self, both big (arrogance) and little (low-/ no esteem) egos - recovering step #2 encourages us to "dig deeply below the surface, to un-earth hidden treasures."

So often, as with Moses, our solutions exist typically within our immediate grasp - only needing our willingness to seek a God intervention.

Michelangelo continued chipping away the excess marble until the nowfamous David sculpture became visible - and now outlives him!

When the preteen Allison's mother died of lymphoma/ cancer - as did many other relatives - this pain triggered his interest to dig deeper into the science. "I didn't get into this to cure cancer. I



wanted to know how T cells work," he offered, referencing an integral part of the immune system.

Similarly, after a medical school classmate died of stomach cancer, Honjo was motivated to began his cancer research.

Honjo once recalled an unfamiliar golf club member approaching him to thank him for discovering the treatment for his lung cancer. "Thanks to you, I can play golf again."

"A comment like that makes me happier than any prize."

tim allston is the author of the free book, 7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else," free and downloadable now at www.GetEgoHelpNow.org.

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