

# LIVES: Breakthroughs in Cancer Testing - p. 8

**FREE**



## 'Notable Quotables' - p. 5

Friday  
October 28, 2022  
Vol. 9, No. 8  
ValleyWeeklyllc.com

# The Valley Weekly

**SALUTE!**  
Rosetta James Foundation  
ELDER OF THE WEEK



Mrs. Elaine S. Plank

"There are no new ideas. There are only new ways of making them felt." - Audre Lorde



## Meta Presents Tennis Great for Girls Inc. Gala

Girls Inc. of Huntsville is commemorating its 50th anniversary, celebrating its impacts on the lives of over 50,000 girls in the community since 1972.

Officials announced that 23-time Grand Slam Champion Serena Williams is slated to join the organization's monumental milestone. The Fuel Her Fire Sneaker Gala will be held on Thursday, October 27, at the Von Braun Center. This semi-formal affair has a little kick to it, so put on your best sneakers and join the team.

The goal is to raise

\$500,000 to support the current program activities, such as STEM education, academic enrichment, and support, as well as expansion efforts within the next three years. With the generous support from the community, Girls Inc. can achieve this goal.

So, be prepared to show off the shoe game! It's time to wear your sneaker gala look and join Girls Inc. for an evening of celebration filled with great food, a live auction, inspirational stories, and timeless memories!

## Magic City Classic: AAMU Birmingham Bound!

Many Alabama A&M University Bulldog fans began making their way to Birmingham for the annual Magic City Classic as early as Tuesday of this week.

The AAMU Bulldogs will take on the Hornets of Alabama State on Saturday, October 29, at Legion Field in a gridiron contest that begins at 2:30 p.m.

The Magic City Classic is now the largest historically black college and university (HBCU) football game in the country. Often, the winner could

potentially earn a spot in the SWAC Championship. Festivities surrounding

the game include the Classic Kick-off on Thursday, Magic City Classic Parade on Saturday

morning in Downtown Birmingham, the massive Tailgate Party, the famed halftime show performed by the Mighty Marching Hornets and the Marching Maroon and White, and the post-game concert by Big Boi.

For more information, visit [magiccityclassic.com](http://magiccityclassic.com).



## OU Celebrates New Dudley Center

Oakwood University alumni participated in the Tuesday, October 18, Grand Opening of the Charles Edward Dudley Center for Regional Conference Ministry, located across from Oakwood's McKee Business & Technology Complex.

"We welcome our Office of Regional Conference Ministry (ORCM) partners to the family of spaces nestled on our award-winning campus," commented OU President Leslie Pollard.

"I am especially pleased that the providential history of God's work among our people groups is enshrined in the facility. And I am even more grateful that ORCM has set aside classroom space for University classes to be conducted in the building. Generations of Oakwood students will better understand the places from

which God has led us," said Pollard.

Prior to delivering his Presidential welcome, Dr. Charles Edward Dudley Center for Regional Conference Ministry, located across from Oakwood's McKee Business & Technology Complex.

During the dedication program, it was an enlightening experience to hear the history and the stories told of all those who had a part in the vision. Congrats to all our leaders of the past and leaders of today.

Headquartered in Huntsville, Alabama, now on the campus of Oakwood University, the ORCM is responsible for working with the Regional Conference Presidents and other Regional Conference Officers for developing and implementing the agenda for Regional Conferences.



**INSIDE THIS ISSUE!**

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# From the Editor



Many of you know that my dear sister, Vanessa, lost the fight in 1995 to the enemy--breast cancer. She was the victim of too much "trust." She discovered her own lump, but she trusted her physician even after she told him that she found a lump. He sent her for a mammogram and told her that she did not have breast cancer. We encouraged her to get a second opinion; however, her doctor was telling her, "You do not have cancer, we have looked at the results of the mammogram." They performed a lumpectomy to console her and again insisted that the lump was benign.

There were months of going back and forth, with a breast that was not healing after the lumpectomy, and she was being told that healing was a slow process! Our family eventually convinced her that a second opinion was warranted. Her husband took her out to Houston, Texas, to the University of Texas MD Anderson Cancer Center. MD Anderson is one of the original three comprehensive cancer centers in the United States. Further, this facility is considered the best hospital in the world for oncology and related cancer treatment. It was there that she was told that not only did she have breast cancer but that it was advanced to the point that they would be using the most progressive treatment available to her.

From MD Anderson to Vanderbilt University, from chemotherapy to radiation, to an eventual bone marrow transplant. My family and I were living in Nashville at the time. We urged her to come there for the bone marrow transplant because our sister--Mary--and I could be close to her. God knows we tried everything available for her; however, her time had come. Fortunately, most physicians today are not and should not be offended by the request of a second opinion. Many doctors 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, breast cancer extinguished her life. She left her devoted husband and three beautiful children at home, in the same community where we grew

up. Her husband passed away a few years later with pancreatic cancer. From the time of her gruesome discovery until her death, she never could understand the "how" and the "why" of her diagnosis.

With Vanessa, 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, understand the importance of education and training. 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 different space. My mother and four of her eight daughters have been diagnosed with cancer. What we now know is that although Vanessa's life was short, she did not live in vain--she taught us so much!

We are still learning, educating and training. October is my trigger. I have made my appointment for a mammogram. My OB/GYN recommended it for me again this year. What about you? Have you taken the time to have your mammogram scheduled? Flannery O'Connor once said, "The Life You Save May Be Your Own."

Until next time,

*Dorothy*



**Dr. Dorothy W. Huston**  
Editor-in-Chief

**[EDITOR'S NOTE:**

*The Rosetta James Foundation established the "Yes I Can Vanessa Williams McCarthy Memorial Scholarship" in Vanessa's honor. Funded by her family, the scholarship is awarded annually to a student attending Alabama A&M University.]*

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THE VALLEY WEEKLY

# VALLEY DEATHS



## NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW  
Huntsville, AL 35816 - (256) 539-8189

Funeral service for MR. KYLE DAVID MACKEY (b. 1978) was held Sunday, October 23, at Madison Mission Seventh-day Adventist Church with Pastor David Lee officiating.

Funeral service for MRS. LOLA DICKERSON (b. 1939) was held Saturday, October 22, at Lakeside United Methodist Church with The Reverend Dr. Randy Kelley, Pastor officiating.

Funeral service for DR. JANET RENEE DELAINE SLAUGHTER (b. 1960) was held Friday, October 21, at First Missionary Baptist Church (3509 Blue Spring Road, NW - Huntsville, Ala.).

## ROYAL FUNERAL HOME

4315 Oakwood Avenue NW  
Huntsville, AL 35810 - (256) 534-8481

Funeral service for MR. DURAND D'ANDRAE BRAZELTON (b. 1976) was held Wednesday, October 26, at the Royal Chapel of Memories.

Funeral service for MS. WANDA ANN REDUS was held Tuesday, October 25, at the Grace Missionary Baptist Church (549 W Elm St, Athens, Ala.) with Pastor Willie M. Byrd officiating.

Graveside service for MOTHER MAHALIA COLLIER BAILEY (b. 1946) was held Sunday, October 23, at the New Hope Cemetery #2 (28520 Wall Street Madison, Ala.) with Pastor Burgess Ewing officiating and Pastor Ernest B. Bailey as the eulogist.

Funeral service MR. R.C. FLETCHER, JR. (b. 1961) was held Saturday, October 22, at the Madkin's Chapel C.P.C.A. (2403 Oakwood Road NW Huntsville, Ala.) with Elder Dennis Green officiating.

Graveside service for MRS. MARY JUNE JORDAN (b. 1941) was held Saturday, October 22, in the Meadowlawn Garden of Peace (450 Mount Lebanon Road Toney, Ala.).

## SERENITY FUNERAL HOME

2505 University Drive NW  
Huntsville, AL 35816 (256) 539-9693

Funeral service for MRS. VALTINE ROSELINE DAVIS JOHNSON (b. 1951) was held Monday, October 17, at Christian Way Funeral Home in Pine Bluff, Ark.

THE VALLEY WEEKLY

# CHAMPION GAME PLAN

PRESTON BROWN



## PREPARING FOR THE RACE

Hebrews 12:1 says, *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.*

When I was in high school, I was fortunate enough to run on the 4x100 yard relay team that won the state title. Now in order for us to accomplish this as a team, there had to be some preparation on our

part. First, we had to learn how to get along with each other and remove the things that hindered us. Things like pride and selfishness, we had to get rid of. In order to run the race that was set before us, we all had to be encouraging to one another. We also had to prepare for exchanging the baton to each other. Many races have been lost due to a bad exchange. So preparation was the key to being successful in the 4x100 yard relay. Now, the writer of Hebrews compares our spiritual lives to a race as well. And just like any race,

there are things that we need to prepare for, as well. We have to prepare for the sin that easily entangles us and keeps us from our spiritual progress, things like our fleshly desires, which includes the things that we say and do around people. Also, the things that we allow ourselves to watch on television or on the internet or what we look at in magazines. All of these things hinder our progress. I believe that now is the time for all of us to work on our endurance as we run the race that God wants us to

run. When we do, we will experience the joy of running the race. Remember, the journey is just as important as the final destination. You will also enjoy the accomplishment of running a good race, knowing that you prepared for it. But most important, you will receive the prize, which is the crown of glory! ... Stay encouraged, my brothers and sisters. Also, remember you can purchase my book "A Champion Game Plan For Life" at amazon.com.



## TARCOG SeniorRx Program Partnership for Medication Access

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THE VALLEY WEEKLY

# VALLEY EVENTS

HAPPENINGS, ACTIVITIES &amp; MORE!

**October 26**

Wernher Von Braun Memorial Dinner

Host: Space Club  
South Hall 2  
Von Braun Center  
www.spaceclubhsv.orgDowntown Birmingham  
8 a.m.**October 28**Downtown Night Market  
Downtown Huntsville  
7-10 p.m.Magic City Classic Football Game  
Alabama A&M University vs. Alabama State University  
Legion Field  
2:30 p.m.**“The Christi Show”**Stand Up Live Huntsville  
2012 Memorial Parkway SW  
Huntsville, Ala. - 7 p.m.3rd Annual Trunk or Treat (Costume Contest for Kids!)  
Hazel Green Ball Park  
5-9 p.m.**October 29**

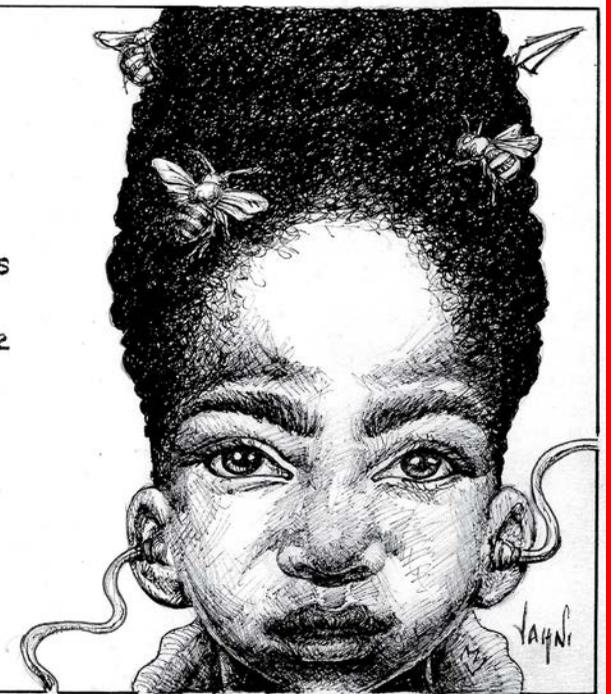
Magic City Classic Parade

Murder Mystery Dinner Theatre  
Blue Melody Costume Ball  
Tickets: \$60-\$75 via Eventbrite  
(256) 274-1517**“The Christi Show”**Stand Up Live Huntsville  
2012 Memorial Parkway SW  
Huntsville, Ala.  
6:30 p.m.**November 4**Conflict Resolutions Program  
Contact: Dedra Muhammad,  
counselor@dedramuhammad.com  
Alabama A&M University  
Wellness Center  
9 a.m.**November 5**Marvelous Event's Food Drive  
Benefit: The North Alabama Food Bank  
Richard Showers Center  
4600 Blue Spring Road  
Huntsville, Ala.

## PowerShot

“The real you is rooted in who you were before you were told who to be.”

J. T. Moore



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*“We must understand the tremendous value of the study of history for the re-gaining of power. If our education is not about gaining real power, we are being miseducated and misled and we will die “miseducated and misled.”*

- Amos Wilson

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## Harvesting Notable Quotables

“... when the wise is instructed, he receives knowledge”  
- Proverbs 21:11

Here King Solomon compliments us when we harvest good advice. As autumn introduces now the season for harvesting, here are some of my life's harvested pickings,...

### Here are a few, . . .

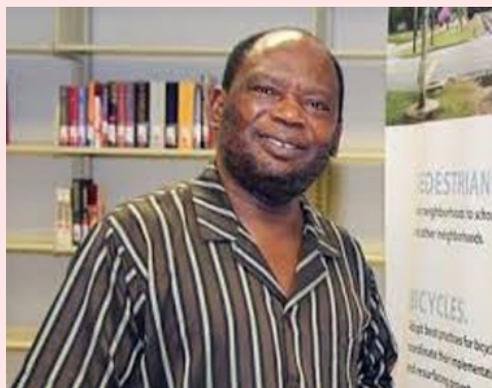
- (October 1970) ex-Seventh-day Adventist, future Basketball Hall of Famer Bob Lanier: “Stay in the church, and do the will of God”;
- (September 1973) Poet Haki Madhubuti (nee Don L. Lee): “Brotha: if she has nothing on her body, she has nothing on her mind”;
- (June '74) Dad/Namesake Thomas Allston: “Timmy, there are two kinds of people in this world: one who has to say something, and one who has something to say; think thrice before you speak once”;
- (April '75) Essence Magazine Editor-in-Chief Emerita Susan L. Taylor: “Don't be so busy that when Love comes you won't recognize it”;
- (April '76) Minister Louis Farrakhan: “My brother: study hard, stay focused; God/Allah has plans for you, .”;
- (September 78) Hampton Institute (now University) president, Dr. William R. Harvey: “My mother taught me, ‘if you have \$1, you can't buy \$1.52 worth of groceries”;
- (April '81) Rev. Jesse Jackson, Sr.: “The reason I get more media coverage than other Black leaders is that I understand the science of the media: I talk in -second ‘sound bites,’ and not like I'm preaching in a pulpit”;
- (March '91) Illinois State 1991 Young Entrepreneur of the Year Nolan W. McCants: “A big shot is simply a little shot who just kept on shooting!”;
- (March '97) Motivational speaking legend Zig Ziglar: “Are you practicing, and are you studying? If you are, Tim, then I'll see you OVER THE TOP”;
- (May '97) Speak & Grow Rich author Ms. Lily Walters: “Want to become an expert? Start right where you are, and never stop learning, growing!”;
- (April '98) UCLA basketball coaching legend John Wooden, best advice (scribbled instead on giving his autograph): “1st Corinthians 13”;
- (December '98) Grammy Awards-winning Take 6-er David Thomas: “You can have the world's best product, but if you don't have distribution, it's like having a Picasso sitting in your garage”;
- (Forever) Jesus Christ, to me toward ministry: “Don't be afraid; from now on, you will catch men” (Luke 5:10).

Q: Who/what are your “notable quotables”?  
Send them to me at [info@timallston.com](mailto:info@timallston.com) - to share with other TVW readers.

# AAMU Professor to Train Nigerian Officials

An Alabama A&M University transportation professor has been approved by the State of Osun House of Assembly (Nigeria) to conduct a workshop for government leaders.

Dr. Jacob Oluwoye will organize a one-week training workshop on sustainable community development for some 44 members of the State House of As-

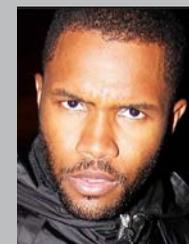


sembly and various community leaders, based upon a proposal he submitted to officials in early 2022.

Oluwoye will begin expeditious action on the proposal.

### OCTOBER 28 - FRANK

**OCEAN** - Christopher Francis Ocean (born Christopher Breaux) is an American singer, songwriter, record producer, rapper, and photographer. In 2011, Ocean released *Nostalgia, Ultra*, his debut mixtape. The mixtape was a critical success, and generated the single “Novacane”, which peaked at number 82 on the *Billboard Hot 100* and was later certified platinum. Ocean subsequently secured a recording contract with Def Jam. -*Black-CelebrityBirthdays.com*



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Full Page	10x10 inches	\$800
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# The Bulldog Players Seek Support for New Fall Production 'The Wiz'

The newly-minted Bulldog Players at AAMU is now the home of theatrical presentations, full productions and performance training founded by new Performance Professor Jill Balch Coon, who arrived in Spring 2021-- also serving as Theater Director of the recently refurbished Johnson Little Theatre in the Morrison Fine Art Building, in the Department of Visual, Performing & Communication Arts (VPCA). With her 22 years of theatre, education, and fundraising experience directly from New York City, Professor Coon guided The Bulldog Players' inaugural performance of "Love Scenes" featuring student actors/directors in our newly renovated theatre space with plans for more theatrical events. Recently, Ms. Coon directed "Twelfth Night," which ran at the Orion Amphitheatre on September 23, 2022, to a 600-person audience that included 400 local high school students!

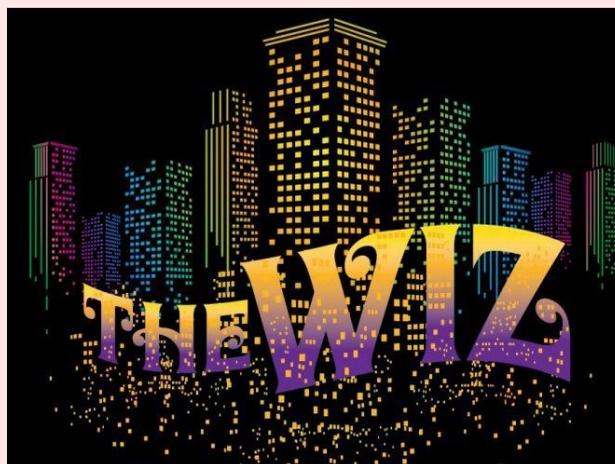
With that, The Bulldog Players Productions--a producing arm for the Johnson Little Theatre comprised of students, VPCA and other faculty, as well as community theatre artists, is pleased to present the classic and joyous Broadway musical "**The WIZ**" **November 8-11, 2022 at the Johnson Little Theatre**, directed by Professor Jill Balch Coon!

This beloved production will feature a stage set from Hollywood production designer KOREY WASHINGTON, whose work is currently seen in ABC's reboot of The Wonder Years, CBS's

All Rise, Netflix's Squid Games, CW's All American and previously on Starz's Power, TBS's House of Payne, and in films such as Black Panther, Stomp the Yard 2: Homecoming, Miles Ahead, Think Like a Man and Three Can Play at That Game, among them. An HBCU grad, Washington also extended his A-List experience as a guest instructor of student theatre master classes at AAMU!

As preparations are currently underway for "The WIZ", WE NEED YOUR HELP!

With your generous donation to this show production, you'll be a recognized contributor to "The WIZ", presented by The Bulldog Players! "Ease



on Down the Road" with your contribution and "Believe in Yourself" that your financial gift brings forth the poignant ideals that make you think of "Home"!

Make your tax-deductible donations and buy tickets through our show website: [aamubulldogplayers.org](http://aamubulldogplayers.org).

We thank you for your support and look forward to seeing you when the curtain rises on "The WIZ" at the Johnson Little Theatre-Morrison Building on the AAMU campus in November!

As a part of your donation and in honor of our upcoming November 2022

production of The Wiz, Bulldog Players Productions is planning a Commemorative Journal, which will serve as the official program for the event. The journal will feature photographs of our students, an overview of our theater department, highlights of the year, and so much more. At this time, we are offering a chance for students, their families, faculty and businesses within the community to purchase ads and boosters celebrating

the event in support of our school and its students. All proceeds from sales will support the work done by students in Bulldog Players Productions at Alabama A&M University.

Remember, this full color journal will be the official program for the event. Your ad will be featured in the journal. The production will be held in the Morrison Fine Arts Building in the Johnson Little Theatre November 8, 9, 10 and 11 at 7 p.m.



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Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

## Elaine S. Plank

Elaine S. Plank is a healthcare innovative entrepreneur, founder, owner, president and CEO of SafeHealth, Inc., a provider of occupational health and safety services, and integrative holistic healthcare.



The Missouri native started SafeHealth, Inc., an S-Corporation, in December 1993. SafeHealth Health and Safety Services hold onsite and offsite schedules of professional nurses, physicians and other health and safety personnel for small and large domestic businesses, universities and at Redstone Arsenal and Research Park.

The U.S Small Business Administration awarded Plank the U. S. Small Business Administration's "Alabama Women in Business Champion Award" in 2005. She has a private practice of Body-Mind-Emotion-Spirit Healthcare, Holistic Nursing as a Certified Interactive Imagery Guide and was the very first professional

in Alabama to achieve such certification. She was a District Delegate to the Alabama State Nurses' Conventions, 2017 and 2018, and remains affiliated with the American Nurses' Association and Alabama State Nurses' Association.

Plank is a founding chair of the Women's Business Center of North Alabama (WBCNA), an autonomous "Women's Center" for the Women's Business Council. In 2003, she became the first president of WBCNA.

Moreover, she is a founding member of the Christian Cancer Support Group; has worked with Bosom Buddies, a breast cancer support group; as well as a Reach-to-Recovery Volunteer and Breast Cancer Survivors' Counselor for the American Cancer Society.

The mother of three and grandmother of five was married to the late Duane Plank for 56 years.

"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at [www.rosettajamesfoundation.org](http://www.rosettajamesfoundation.org). Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to [info@valley-weeklyllc.com](mailto:info@valley-weeklyllc.com).

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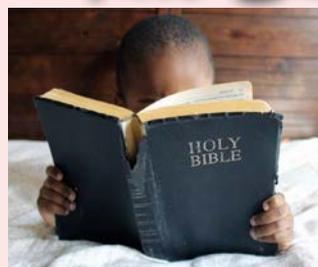
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## This Sunday's Lectionary



Sunday, October 30 (Track 2 - Year C)  
Twenty-First Sunday  
After Pentecost

Isaiah 1:10-18  
2 Thessalonians 1:1-4, 11-12  
Luke 19:1-10  
Psalm 32:1-8

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# Breakthroughs in Cancer Testing Could Impact Lives

(BPT) - Jim Ford felt completely healthy. He didn't have any symptoms and kept up with recommended cancer screenings. When his doctor suggested he participate in a clinical trial for a new cancer screening test that could detect a shared cancer signal across 50 different types of cancer, he figured he had nothing to lose.

But then the test—a multi-cancer early detection test called Galleri®—showed a positive signal. Ford's diagnosis was confirmed with a CT scan and a PET scan. He was shocked to learn he had stage 2 pancreatic cancer.\*

He worked with his doctor and had surgery, radiation and chemotherapy.

## Treating cancer starts with knowing you have it

Early detection of cancer can improve outcomes,

including higher survival rates and better quality of life. It also can reduce the cost and complexity of cancer treatment.

The challenge is that, although there are more than 100 different types of cancers, only five cancers have recommended screenings in the United States—breast, cervical, colon, prostate, and lung for smokers considered at risk. In fact, approximately 70% of cancer deaths are caused by cancers that don't have widespread screening recommendations.

In addition, because most cancers don't show symptoms until later stages, they may be found too late when they have already spread and there may not be as many treatment options.

## Detecting multiple cancers through a simple blood draw

Multi-cancer early detection tests, like Galleri, can be used alongside existing recommended screenings to detect cancer earlier. Using the power of next-generation sequencing and artificial intelligence, the Galleri test can detect a shared cancer signal across more than 50 types of cancer through a simple blood draw.

The Galleri test does this by examining DNA isolated from blood. All cells in the body shed DNA into the bloodstream, but DNA released by cancer cells is different from the DNA released by healthy cells. This DNA may contain specific patterns that allow cancer to be distinguished from non-cancer.

The test looks for a signal present in the blood that could indicate the presence of cancer. If a cancer signal is detected, the test can predict

where in the body the cancer signal is coming from with high accuracy and help a healthcare provider determine appropriate next steps.

The Galleri test must be prescribed by a healthcare provider and can be incorporated into annual health checks or routine blood work, if appropriate. It is generally recommended for adults with an elevated risk of cancer, such as those aged 50 or older. False-positive and false-negative results do occur, and the test should be used in addition to routine screening tests healthcare providers recommend.

## Be proactive and take action

One in two men and one in three women in the United States risk getting a cancer diagnosis in their lifetime, according to the American Cancer Society.

Although Ford is now part of that number, the multi-cancer early detection test gave him an opportunity to treat his cancer early, when he had a higher chance of successful treatment.

"The surgeon said that I was probably one of the luckiest people she'd ever met, because she almost never sees stage 2 pancreatic cancer. Usually people at this stage have no symptoms, and you don't find it early," said Ford.

Galleri was designed to improve detection of cancers like Ford's that are more aggressive and deadly.

Thinking about the possibility of cancer can be overwhelming, but people can now take proactive steps to test for many cancers, increasing the chances of finding them early and before symptoms. Learn more about multi-cancer early detection screenings and the

Galleri test at [galleri.com](https://www.galleri.com).

Based on a clinical study of patients ages 50-79, around 1% are expected to receive a Cancer Signal Detected result, which includes Cancer Signal Origin(s). After diagnostic evaluation, about 40% of people are expected to have a confirmed cancer diagnosis. Galleri test overall sensitivity in participants with pancreatic cancer was 83.7% (61.9% for stage 1, 60.0% for stage 2, 85.7% for stage 3 and 95.9% for stage 4).

## Important Safety Information

The Galleri test is recommended for use in adults with an elevated risk for cancer, such as those aged 50 or older. The Galleri test does not detect all cancers and should be used in addition to routine cancer screening tests recommended by a healthcare provider.

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