

The Valley Weekly

FREE

Volume 1, No. 9

Friday, October 31, 2014

EBOLA

Professor Discusses How It Spreads

There is much discussion about the deadly Ebola epidemic on news sources around the world. Often panic runs hand in hand with misunderstandings about the disease and how it is spread, noted an Alabama A&M University professor.

Ebola is contagious, said Dr. Jacob Oluwoye, AAMU professor of transportation and environmental health. "Generally, the infectious agent may be transmitted by saliva, air, cough, fecal-oral route, surfaces, blood, needles, blood transfusions, sexual contact, mother to fetus, and in other ways."

Oluwoye says that although the disease is infectious, it is not a genetic disease, or one caused by a defective or abnormal gene.

The AAMU professor adds that the transmission of Ebola happens by what he refers to as hierarchical diffusion, meaning that it spreads from major population centers to the surrounding countryside. Transportation, coupled with highly fluid population movements between underdeveloped countries, has allowed Ebola to transcend the walls of underdeveloped countries and to enter the developed world.

"The Ebola epidemic jumps from city to city in hierarchical diffusion, and then it spreads out by spatially contagious diffusion from regional epicenters into the surrounding countryside," Oluwoye explained.

Moreover, the spread of Ebola at the current alarming infection rates threatens to erode the growth of the world economy, as well as affect other aspects of citizens' social lives, said Dr. Oluwoye. "The more people travel, the faster and further Ebola can spread; thus, population movement in the form of transportation usage is an important factor in Ebola spread."

For additional information pertaining to the transmission of Ebola and hierarchical diffusion, contact Dr. Oluwoye at (256) 372-4994 or e-mail jacob.oluwoye@aamu.edu.

by Jerome Saintjones

The Dangers of Smoking 101

by Eugene H. Scott, Jr., DDS

For years, the link between cigarette smoking and lung disease (i.e., chronic pulmonary disease and lung cancer) have been documented.

However, cigarette smoking is also a major cause of heart and blood vessel disease. Each year more than 950,000 Americans die of heart attacks, strokes and high blood pressure. Some 400,000 of these deaths are directly related to smoking.

Environmental Tobacco Smoke.

Smokers are not the only ones affected by cigarette smoke. Environmental tobacco smoke ETS or second hand smoke is a serious health hazard for non-smokers, especially children. Public health authorities in the last ten years or so have become aware of the seriousness of second hand smoke. This is why smoking is banned in most public meeting places. Smoking increases the risk of developing strokes and cardiovascular disease (CVD) in people with high blood pressure. Smoking speeds up the development of malignant hypertension, a very dangerous form of high blood pressure. Nicotine isn't the only bad element in cigarette smoke. Carbon monoxide gets in the blood and reduces the amount of oxygen in the blood, and its availability to the heart and all the other cells of the body. So



the health of the individual cells of the body is compromised, this fact alone is the cause of various cancers and other illnesses.

Atherosclerosis. High blood cholesterol which is associated with cigarettes is a major risk factor for heart and blood vessel disease. Hardening of the arteries occurs much more often in smokers than non-smokers. People who smoke and have high cholesterol levels have a higher risk of CVD. The nicotine stimulates the production and collection of cholesterol plaque along the inner lining of all major blood vessels. Therefore, reducing the size for the passage of blood, causing the arteries to become hardened, increasing blood pressure and probability of stroke.

Peripheral Vascular Disease. Peripheral vascular disease is the narrowing of blood vessels that carry blood to the leg and arm muscles. It's dangerous because if a blood clot blocks a narrowed artery the result could be the loss of a finger, arm, leg, or toes.

Smoking is a major risk factor of peripheral vascular disease. Diabetes is another major risk factor for peripheral vascular disease. The combination of the two can be disastrous!

Heart Attack. Cigarette smoke, high blood pressure, high levels of cholesterol, and physical inactivity are the four major risk factors for heart attack. People who smoke have twice the risk than people who have never smoked. Many if not most of these patients do not survive the first heart attack.

Angina Pectoris. Angina Pectoris is chest pain when the heart does not get enough oxygen during exertion. Smoking reduces the oxygen in your body cells including the heart muscle. Therefore, people with Angina Pectoris experience pain in the chest during exertion.

Birth Control Pills. Women who take the pill and smoke cigarettes increase their rate of heart attack, peripheral vascular disease and stroke; not to mention the ill effects smoking has on the fetus i.e., lower birth weight and crib death syndrome. **NEXT WEEK:** Types of Cigarettes
Trying to Quit? Contact Dr. Scott at (256) 533-0434

DLC

Tennessee Valley

Diversity Leadership Colloquium

Vision:

The Diversity Leadership Colloquium (DLC) advances leadership excellence by advocating and progressing the affirmation and inclusion of diversity in strategic markets and communities of interest for competitive intelligence.

Mission:

DLC’s mission is to 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 _____

Title _____

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.diversityleadershipcolloquim.com; or e-mail info@diversityleadershipcolloquium.com.

Publisher
The Valley Weekly, LLC

Editor-in-Chief
Dorothy W. Huston

Assistant Editor
Georgia S. Valrie

Editorial Assistants
Linda Burruss
Gary T. Whitley

Layout & Design
James Huston

Photographer
Eugene Dickerson

- Contributing Editors -

Hortense Dodo
Dave Herron
William L. Huston, Jr.
Daryush Ila
TuVy Nguyen
Bonnie Spencer
JaLissa Williams

Website Administrator
Calvin Farier

Editorial Consultant
Jerome Saintjones

Mailing Address:
The Valley Weekly
415A Church Street-Suite 100
Huntsville, AL 35801
(256) 651-9028
www.valleyweeklyllc.com

Copyright 2014

Items for consideration for publication in
The Valley Weekly should be submitted
at least TWO weeks in advance to above
address or by e-mail to
info@valleyweeklyllc.com.

The Valley Weekly
Ad Rates Single Issue

Back Cover		
10x10-inches		\$1,000
Full Page	10x10 inches	\$800
3/4 Page	7.5x10 inches	\$600
Half Page	Horizontal	
	5x10 inches	\$400
	Vertical	
	10x5 inches	\$400
Fourth Page		
	5x5 inches	\$200
Eighth Page		
	2.5x5 inches	\$100
Sixteenth Page		
	2.5x2.5	\$50
Classified	1 col.x1 inch	\$6
	(4 col. in. minimum=\$24)	
6 Month/1 Yr.-10% & 20% Discount!		

From the Editor

What about those Bulldogs? Our family has the wonderful opportunity to be fans of two sets of Bulldogs. Last week, we still had hope for the AAMU Bulldogs. This past Saturday, they delivered.

During my tenure as Vice President for Student Affairs, my family and I sat in the 'dog pound' during basketball season. We had a chant "Who let the dogs out?" It was very effective, because we were inside the Elmore Health Sciences Complex and had home court advantage.

The AAMU Bulldogs 'got out' on Legion Field against those ASU Hornets during the 73rd Annual 'State Farm' Magic City Classic. You have to love some Bulldogs. "Hail State," however, is a more

recent chant our family became familiar with when our daughter, Katie, decided to run track at Mississippi State. Although she did not choose my Bulldogs, she chose some Bulldogs in a neighboring state whose team colors are also maroon and white. This week, we celebrated two sets of maroon and white, fighting Bulldogs. Both chants are music to our ears and blessings to our hearts. Let's keep chanting!!

One of our former AAMU colleagues, Count Frank Hester, made his transition on October 14, 2014. The Celebration of Life planned by his Family was extraordinarily reflective of this giant.

Count Hester was not just a tall man in stature; he has a tall man in character. I had the opportunity to work with Deacon Hester directly at AAMU during the academic year of 1996-97. He was successful at ad-

vancing his building from a dormitory to a *residence hall*. The impact he uniquely made on the lives of students, parents, and colleagues is immeasurable.

Of course, I tried to 'bottle-up' his mantra and implement it throughout the housing program, but without success. I still use him as a case study today during appropriate training venues. Mother Betty Craighead, Mr. Randy Rhymes, and Pastor O. Wendell Davis, thank you for single-focused tributes to the life of Count Hester. We will miss the Count, Teacher, Deacon, Driver, Servent-Leader! Blessings to his entire Family.

The end of this month is near and Halloween is upon us. Happy Birthday to Mother Thelma Huston and Mother Rosetta James--two important ladies in my life. I am glad to have some birthdays to cel-

brate on October 31st! After dark, our lights will be off. Times have changed. For those celebrating and Trick-or-Treating, try to find an organized activity. Otherwise, y'all be careful.

Next Tuesday is Election Day. Regardless of your political proclivity, I hope you will exercise the right to vote. You will appreciate if you participate.

Until next week,

Dorothy



Living Life Like It's

For more than 20 years, the Alabama Senior Olympics organization has allowed seniors 50 and older to continue pursuing sports on a competitive level.

Top finishers can even go to the National Senior Games the following year. The games fall under the National Senior Games Association (NSGA), which is a non-profit member of the U.S. Olympic Committee dedicated to motivating senior men and women to lead a healthy lifestyle through the senior games movement.

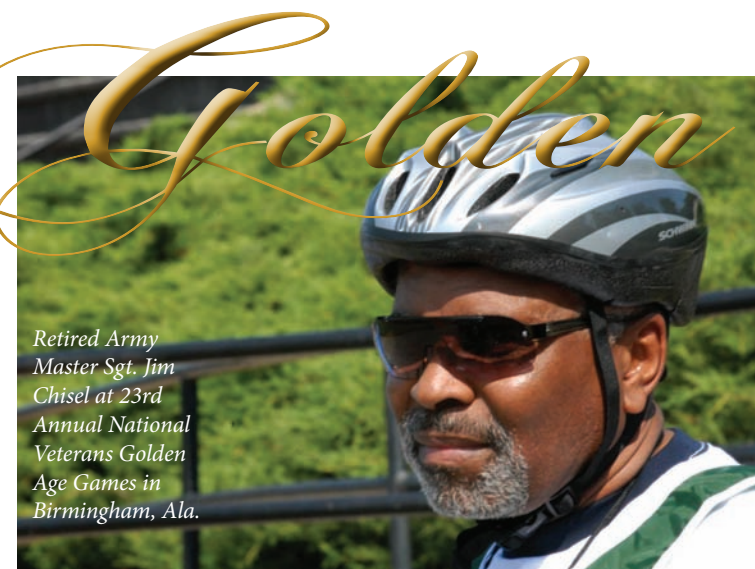
The NSGA is the organization that governs the National Senior Games, the largest multi-sport event in the world for seniors, and other national senior athletic events.

Events can include archery, cycling, golf, a 5k and 10k road

race, a 1500- and 5000-meter race walk, swimming, other race walks, several track and field events, badminton, bowling, horseshoes, racquetball, basketball, table tennis, tennis, volleyball, shuffleboard and pickle ball.

By the Numbers

- 8 — the number of seconds before another Baby Boomer turns 50. By 2020 the U.S. population over 65 will nearly triple.
- 9 — percentage of 55- to 64-year-olds who swim
- 12 — percentage of 55- to 64-year-olds who run
- 25 — percentage of Baby Boomers actually participating in the recommended level of aerobic activity
- 37 — percentage of Baby Boomers admit to never doing strength training
- 83 — percentage of Baby Boomers say that they exercise. Boomers are most likely to walk as a form of exercise.



Retired Army
Master Sgt. Jim
Chisel at 23rd
Annual National
Veterans Golden
Age Games in
Birmingham, Ala.

Source:
National Senior Games Association
<http://www.montgomeryadvertiser.com/story/news/local/2014/04/23/alabama-senior-olympics-start-friday/8073435/>

by Linda Burruss

NACEE, Parents Celebrate Triumph in New Orleans

Forty years ago, the North Alabama Center for Educational Excellence (NACEE) opened its doors for the first time, owing its inception to the Higher Education Act of 1965.

NACEE has remained committed to continuing their quest for providing the best quality of educational services to clients in the northern Alabama and southern Tennessee communities. NACEE's original mission statement was to alert the general public about the educational opportunities available, and to encourage individuals to aspire to a postsecondary education.

NACEE, through partnership with Alabama A&M University and University of Alabama Huntsville Chemistry Department, became involved with another non-profit organization known as NOBCChE, several years ago.

The National Organization for the Professional Advancement of Black Chemists and Chemical Engineers (or NOBCChE [pronounced No-be-shay]) is a nonprofit, professional organization. NOBCChE's goal is to increase the number of minorities in science, technology, and engineering fields (STEM).



(Front Row) Glen Born, Ola Douglas, Kevin Mai, Kolton McCamy (Back Row) Amin Nasseri, Leopold Nkengbeza, Magnolia Wilson, Virginia Riggs (coach), Dipshikha KC, Atchima Klomkaew, Michaela Maxton, Illiyha Gopher, Priscilla Omofoma (coach), and Ishmael Hannah

The organization accomplishes this by creating bonds with professionals working at science-related companies and faculty at local school districts in order to get more minorities to pursue careers in science and engineering fields. NOBCChE focuses on establishing diversity programs for the professional development of young kids and to spread knowledge in science and engineering. NOBCChE chapters can be found nationwide.

This year NOBCChE's Annual Conference was held in New Orleans, La., at the Marriott New Orleans Hotel. The event started

on September 26 and concluded on September 28. This national competition lured students from Ohio, Michigan, Texas, Pennsylvania, Maryland, Georgia, Illinois, California, South Carolina, New York, Indiana, Louisiana, and Alabama.

NACEE sponsored two teams of highly qualified students to compete in this National Science Bowl. The members of this year's teams included students from several schools in the Northeast Alabama region.

These students included Atchima Klomkaew, Ola Douglas, Illiyha Gopher, Dipshikha

KC, Kevin Mai, Michaela Maxton, and Leopold Nkengbeza, from New Century Technology High School, Magnolia Wilson and Kolton McCamy from Pisgah High School, Ishmael Hannah who is currently home-schooled, Amin Nasseri from Bob Jones High School, and Glen Born from J.O. Johnson High School.

Chaperones who coached and encouraged these team members were Ms. Priscilla Omofoma, Mr. Alan Malone, and Mrs. Virginia Riggs.

The competition was divided into two separate categories: middle school and high school

Science Bowl teams. The student members engaged in an academic science bowl, answering rapid fire science, math and technology questions.

NOBCChE judges, comprised of members from the American Chemical Society, Dow Chemicals, Proctor and Gamble, Department of Defense including the Research and Engineering divisions, and numerous staff members from the national scientific community of colleges and businesses oversaw

all parts of the competition. Dr. Earnest L. Davis, president of NACEE, is appreciative to numerous members of the North Alabama community for providing support to allow this event to become a reality for our students.

Students ranked first and fifth out of 15 teams overall in the competition. "What a fantastic job this group of students did!" said Davis.

The team is looking forward to future competitions, with next year's competition scheduled for Orlando, Fla. A victory celebration honoring students and their parents was held recently Thursday, October 9, 2014, at Ryan's Steakhouse in Huntsville.

Tips on Goal Setting

As we progress in life, all of us have faced or will be faced with setting goals. Whether our goals are professional or personal, goal setting allows us to select how we want to progress in life. To help you in setting effective goals, follow these tips.

Put Your Goals in Writing. Decide what you want to do. Set attainable goals and write

them in your journal. Write the ones that are most valuable to you and list what it takes for you to achieve them. For example: Do I want an advanced degree? What do I want to accomplish in my career? Do I want to travel abroad and what will it take to get there?

Prioritize Your Goals. Do not try to achieve all the goals

at one time. Develop a workable plan with deadlines or timetables for achieving each one of them. Without deadlines or timetables, your goals will slip away. Goals relative to obtaining an advanced degree will require taking the Graduate Record Exam (GRE), selecting a college or university, submitting an admission application; choosing a degree program,

and other requirements.

Review Progress Toward Your Goals. On a regular basis review your goals' journal to make sure that you are on track. If you experience any setbacks or disruptions, have a contingency plan for dealing with those problems so that you do not lose focus of your goals.

Reward Yourself. When you

attain a goal or make significant progress achieving it, reward yourself, go to the movies or have dinner at your favorite restaurant. It will keep you motivated to achieve your goals.

Always remember, you are in charge of your destiny and achieving your goals are left up to you.

by Georgia S. Valrie

ANTHONY DANIELS

★ STATE HOUSE #53 ★



*Caring about Our Neighbors...
Reigniting Jobs and our
Community... In Alabama,
That's when we will all win!*

VoteAnthonyDaniels.com

ANTHONY DANIELS

★ STATE HOUSE #53 ★

Anthony Daniels believes that when we do what is right for the community as a whole, we all win. Therefore, we need to send a bridge-building leader with the experience and vision to move our new west Huntsville district forward. Anthony has worked tirelessly in our community as a civic leader, educator, and small businessman. We need someone like Anthony on our side to attract quality, good-paying jobs and fight for our public schools.

ANTHONY DANIELS—A VISION FOR THE FUTURE

Jobs: Anthony Daniels is a small businessman with a proven track record of meeting payroll and creating good jobs for Huntsville residents. A vote for Anthony Daniels is a vote for real-world experience that is so desperately needed in Montgomery.

Education: Education is Anthony Daniels' passion. As a former elementary school teacher, Anthony believes that a quality education for all of our students can positively impact our community. He understands that valuing the hard work of public teachers and adequately funding classrooms are essential to making our neighborhood schools work for everyone.

ANTHONY DANIELS—A LEADER IN OUR COMMUNITY

Anthony Daniels has demonstrated his willingness to affect positive change in our community.

- ★ Received bachelors degree in elementary education and a masters degree in special education.
- ★ Serves as Chief Operating Officer of Premiere Dental.
- ★ Formerly taught 4th grade at University Place Elementary School and 3rd grade at Academy for Science and Foreign Language.
- ★ Co-Founder of First Book Alabama, a non-profit organization aimed at providing books for young children from disadvantaged communities.
- ★ Appointed to Mayor Tommy Battle's Green 13 Council.
- ★ Served as Chairman of the Green 13 Council's Transportation Team.
- ★ Serves on the Committee of 100 Young Professionals
- ★ Board Member National Accreditation for Teacher Education
- ★ Former Committee Member on High School Dropout Prevention
- ★ Former Committee on Pensions, Social Security and Medicare



VoteAnthonyDaniels.com

 AnthonyDanielsAlabama  AnthonyDaniels

PAID FOR BY CAMPAIGN TO ELECT ANTHONY DANIELS
PO BOX 18711, HUNTSVILLE, AL 35804

Noted African Americans Born in ... November

- 1 – Ronald Bell, Singer, Kool & the Gang
- 2 – Maxine Nightingale, British R&B Singer
- 3 – Michael Evans, Actor, Lionel on "The Jeffersons"
- 4 – Berlinda Tolbert, Sit-com Actress
- 5 – Ike Turner, Soul/R&B Singer/Musician
- 6 – William Wells Brown – Writer of first novel by African American
- 7 – Melyssa Ford, Model/Actress
- 8 – Alfre Woodard, Actress
- 9 – Dorothy Dandridge, Actress, Academy Award nominee
- 10 – Sinbad, Comedian
- 11 – Lavern Baker, R&B Singer
- 12 – Tevin Campbell, R&B Singer/Songwriter
- 13 – Whoopi Goldberg, Actress and Comedian
- 14 – Condoleezza Rice, Educator, former U.S. Secretary of State
- 15 – Yaphet Kotto, Actor
- 16 – William C. "W.C." Handy, Musician/Composer
- 17 – William H. Hastie, First Black Governor of U.S. Virgin Islands
- 18 – Don Cherry, Jazz Musician
- 19 – Ahmad Rashad, Sportscaster
- 20 – Dominique Dawes, Three-time Olympic Gymnast
- 21 – Ken Griffey, Jr. – Baseball Player
- 22 – Guy Bluford – Astronaut
- 23 – Tom Joyner – Radio Personality
- 24 – Scott Joplin – Composer/Pianist
- 25 – Stacy Lattisaw – Singer
- 26 – Tina Turner – Singer/Dancer
- 27 – Jimi Hendrix – Legendary Rock Guitarist
- 28 – Berry Gordy – Motown Records Founder
- 29 – Adam Clayton Powell, Jr. – Politician/Civil Rights Activist
- 30 – Gordon Parks – Filmmaker/Photo Journalist



Source: www.blackintime.info



Dedicated To You. Delivering Results.

Personal Injury | Auto Accidents
Probate & Estate Administration
Corporate Law | Real Estate Law
Divorce | Criminal Law

Contact Us

Phone: 256-533-1667

Fax: 256-533-1696

info@martinsonandbeason.com

www.martinsonandbeason.com

facebook.com/martinsonandbeason



Reliable Towing and Wrecker Service, Inc.

**"For all your vehicle breakdown
and accident needs, call
or request Reliable."**

Fast - Dependable - Economical



4651 Sam Drive
Huntsville, AL 35811-1143
(256) 852-1255
(256) 852-4776 (Fax)

Professor from The Citadel to Address A&M's Veterans Day

Alabama A&M University will hold its 9th Annual Veterans Day Program on Thursday, November 6, at 12:30 p.m. in the Clyde Foster Multipurpose Room of the College of Business and Public Affairs.

The 2014 theme is: "Those Who Wait Also Serve." Dr. Marcus S. Cox, professor of history and associate dean of The Citadel Graduate College will be the keynote speaker. Dr. Cox earned an undergraduate degree in marketing and a master's degree in history from Southern University, along with a master's degree in business administration from The Citadel School of Business Administration.

Dr. Cox received his doctorate degree in American history from Northwestern University in Evanston, Illinois and a certificate of completion from the Harvard Graduate School of Education Management Development Program. He specializes in African American civil-military history and is the author of over a dozen articles and reviews on the history of black higher education and military training programs at black colleges and universities.

Cox also authored Segregated



Cox

Soldiers: Military Training at Historically Black Colleges in the Jim Crow South. He joined The Citadel in 2001 and previously served College as Founding Director of the African American Studies Program and Assistant Dean of the School of Humanities and Social Sciences.

The event is open to the public, and the entire AAMU Family is urged to attend to pay tribute to the nation's veterans and military personnel. Refreshments will be served.

Military Appreciation Day Set

Saturday, November 8, has been designated by the Department of Athletics as Military Appreciation Day. The Alabama A&M University Bulldogs will be taking on Alcorn State University at 1 p.m. in Louis Crews Stadium.

AAMU will demonstrate its appreciation for the sacrifices made by service members, past and present. A wide array of special events has been planned in honor of service members—past and present.

The general admission to the football game is free to all active duty, retirees, veterans and immediate family members. The adults must simply present a military I.D. to game day cashiers to obtain a complimentary ticket. No type I.D. is required for military dependents under age 10.

Tony's Hair Studio



**20 Years Experience
Licensed Cosmetologist
Licensed Instructor
State of Alabama**

2310 Country Club
Huntsville, AL 35806
(256) 603-1049
Tony Smith, Owner

Promoting Healthy Hair!

**Celebrate American
Education Week**
November 17-21, 2014

The ANNUAL AEW LUNCHEON
Honoring Teachers of the Year
for Area School Systems, Colleges and Universities

MONDAY, NOVEMBER 17, 2014 - 11:30 AM



John G. Thomas, Ph.D.
President
University of North Alabama

LOCATION
Holiday Inn
Research Park
5903 University Drive, NW
Huntsville, Alabama

PAYABLE TO:

AEW COMMITTEE
P.O. Box 42
7000 Adventist Boulevard
Huntsville, AL 35896
(256) 694-3438
(256) 726-8455

Huntsville Happenings!



by Gary T. Whitley, Jr.

Fall has officially arrived in Huntsville and the cool breeze of the day, with chilly nights, means the Holiday shopping season is fast approaching. Last week I shared information about the new flagship Belk store that opened at BridgeStreet and all the new brands now in Huntsville. This week, I want to highlight how you can save money soon while shopping at Belk.

Each year, Belk stores host an annual charity fair shopping day. This year, the charity sale date is Saturday, November 8. For those unfamiliar with the event, the annual Belk charity sale is the event where Belk stores give back to their local communities through shopping incentives. Here is how it works: local non-profit organizations register with Belk to sale the \$5 charity sale tickets which permit entry to the store on the morning of the exclusive sale.

This year I would like to showcase The North Alabama Sickle Cell Foundation (NASCF), whose Executive Director, Pam Thompson, sold me my charity sale tickets. NASCF works across North Alabama to educate and help those battling this hereditary

blood disorder, which is most common among African-Americans. Each ticket sold to the charity sale by NASCF or other local non-profits aides them in better serving our community and allows participants to shop rarely offered deals.

During the charity sale event, Belk will offer deep discounts on rarely discounted brand items—especially Belk Jewelry. The Belk Charity sale is not only a great way to help the North Alabama Sickle Cell Foundation or other non-profits selling tickets, but a great way to get a headstart on the Holiday shopping season. If you have not already purchased your charity sale ticket and want to save money and help NASCF, please contact their office directly at (256) 536-2723 or visit them at the staff at their office located at 224-B Church Street in Huntsville. To learn more about sickle cell anemia, visit the website <http://www.sicklecellna.org/>

Look for me at the charity sale on the morning of November 8 early because Belk also gives away gift cards to the first 100 customers.

State Farm



Marshall England, Agent
600 Franklin Street, SE
Huntsville, AL 35801
Bus: 256.539.2014
marshallengland@marshallengland.com



www.marshallengland.com

Arts & Crafts at Harrison Center Oct. 31



The Senior Arts and Crafts group will hold a Circle Sale Friday, October 31, from 9 a.m.-3 p.m. at the Robert "Bob" Harrison Wellness and Advocacy Center, located at 6156 Pulaski Pike, north of Winchester Road, at the flashing caution light.

Items to be sold include place mats and napkins, table runners, aprons, cell phone bags, scarves, senior bibs, corsages, jewelry, quilts, and assorted other items.

The Harrison Wellness Center



will also be collecting donations for the homeless. Please bring coats, wool socks, hats, and/or scarves for men or women.

Additionally, arts and crafts classes at the Center include basic sewing, needlecraft, crocheting, quilting, scrapbooking, drawing, gardening, jewelry making, pottery making and more.

The Harrison Senior Center is an affordable senior wellness center that meets the needs of today's active seniors 50+ and "junior" seniors 40-49.



Where to Find Your FREE Copies of The Valley Weekly

Albert's Flowers
Bob Harrison Senior Wellness Center
Books a Million – North Parkway/University Drive
Briar Fork CP Church
Bryant Bank – Church Street
Burritt on the Mountain
Chris' Barber Shop
Depot Professional Building
Donny's Diamond Gallery
Dunkin Donuts
Eagles' Nest Ministries
Fellowship Presbyterian Church
Garden Cove Produce
Jeffery's Barber Shop
Lakeside United Methodist Church
Landers McLarty Dodge
Chrysler Jeep Ram
Mamma Annie's
Marshall England – State Farm Agent
Martinson & Beason, PC
Moe's – Village of Providence
Nelms Memorial Funeral Home
North Alabama Center for Educational Excellence
Oakwood University Post Office
Pine Grove Missionary Baptist Church
Progressive Union Missionary Baptist
Reliable Towing
Sady's Bistro in Providence
Sam and Greg's Pizza
Sneed's Cleaners
St. Bartley PB Church
St. Luke Christian Church
Starbucks – Governors Drive, North Parkway at
Mastin Lake Road/
University Drive
The Office Break Room & Bar
Tony's Hair Salon
Union Chapel Missionary Baptist
Westin's Blue Med Spa

Ivory W. Reedus, LUTCF

Agent

AL #A-058076

New York Life Insurance Company

200 Clinton Avenue, Suite 600

Huntsville, AL 35801

Tel: 256-517-5922 Direct

Tel: 256-852-7328

Fax: 256-593-1842

ireedus@ft.newyorklife.com

New York Life "The Company You Keep"



Rosetta James Scholarship Foundation

#94612

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.



Bulldogs Get Touch of Classic Magic

Scenes from the 73rd Annual Magic City Classic

Saturday, October 26, 2014

Birmingham, Ala.

