

The Valley Weekly

"The sky was filled with diving planes and the black bursts of exploding antiaircraft shells."

- Dorie Miller

FREE

Volume 2, No. 10

Friday, November 13, 2015

Congressman John Lewis Receives OU Church's Social Justice Award

Congressman John Lewis, (D, GA) was honored at the Oakwood University Church, receiving the 2015 Social Justice Award on October 31.

Representative Lewis is well respected for his work in the United States Congress representing Georgia's 5th district. He is a member of the House Ways and Means Committee and also serves as a ranking member of the Oversight Subcommittee and member of the Human Resources Subcommittee.

During the service, Congressman Lewis was honored for his longstanding work as a civil rights activist advocating for progressive social movements and the human rights struggle in the United States.

Congressman Lewis was given a plaque "for your office in Alabama," said Pastor Carlton P. Byrd (left), but "take this to your office in Washington." Byrd was referring to a painting of Repre-



Pastor Carlton P. Byrd (l) makes presentation to Congressman Lewis.

sentative Lewis, which brought Lewis and many in the congregation to tears.

Lewis is best known for his work with the Freedom Rides of 1961, the Student Nonviolent Coordinating Committee (SNCC), the March on Washington in August 1963, and the historic march across the Edmund Pettus

Bridge in Selma, Ala., on March 7, 1965.

The local CBS affiliate station, WHNT News19, was one of several media outlets that was present for the service and the press conference which immediately followed. (Photo by Anthony Chornes II)

Brigadier General Salutes Vets at AAMU

Alabama A&M University held its 10th Annual Veterans Day Program Thursday, November 12.

Coordinated by the Office of Veterans Affairs and Disability Services, the program featured Brigadier General Patrick W.

Burden. The AAMU graduate serves as senior installation commander at Picatinny Arsenal. The Picatinny Arsenal is a military research and manufacturing facility in Morris County, N.J.



The general previously served as the Project Manager for the General Fund Enterprise Business System, Program Executive Office Enterprise Information Systems at Fort Belvoir.



FMBC Strives to Develop Scientists, Engineers

First Missionary Baptist Church aims to cultivate tomorrow's natural scientists and engineers.

FMBC's Child Development Center & Academy helps students cultivate an appreciation for science, technology, engineering and math (STEM) by placing them in a challenging and intellectual learning environment each week.

Classes are being held two days per week for all students currently enrolled in 1st through 5th grades. The students are being introduced to accelerated math concepts utilizing technology and hands-on exercises.

The FMBC Child Development Center teachers are partnering with engineer Angelo Coleman, as well as students from Alabama A&M University, to offer this program. Coleman and his wife Nikki wrote the entire curriculum for the program.

This is the first year the school

has been able to offer this innovative and hands-on experience to all students in grades 1st through 5th grade during the school day. Thanks to the Pastor Julius R. Scruggs, Official Church and CDCA boards, this program is being offered at no cost to the students and parents. It is also being offered to students in kindergarten for a minimal fee during the school's afterschool program.

The program has received raved reviews and comments from the students, parents, teachers and the administration. The CDC and Academy strive to create a school environment where students are challenged, inspired, and ready for the technological needs of the future ahead.

Serving students age 2 ½ through 5th grade, the school is located at 3509 Blue Springs Rd NW, Huntsville, Ala.

Submitted by Dr. Cheryl R. Davis

**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

Books a Million - N. Parkway/University Drive

Briar Fork CP Church

Bryant Bank - Church Street

Burritt on the Mountain

Chris' Barber Shop

Depot Professional Building

Dunkin Donuts

Eagles' Nest Ministries

The Favour Group

Fellowship of Faith Church

Fellowship Presbyterian Church

Garden Cove Produce

Health Unlimited

Indian Creek Primitive Baptist Church

James Smith - AllState Insurance

Lakeside United Methodist Church

Landers McLarty Dodge Chrysler Jeep Ram

Lucky's Supermarket

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

Phuket's in Providence

Pine Grove Missionary Baptist Church

Progress Bank - Madison

Progressive Union Missionary Baptist

Regency Retirement Village

Rocket City Barber Shop

Sam and Greg's Pizza

Sav-A-Lot

Sneed's Cleaners

St. Bartley PB Church

St. Luke Christian Church

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

Stallworth Keynotes Inaugural Gala of Mobile's Hargrove Foundation

Alumni and friends of Alabama A&M University attended the Hargrove Foundation's Inaugural Gala in Mobile, Ala., on November 5 at the Battlehouse Hotel. AAMU graduate and NFL Hall of Famer John Stallworth was the keynote speaker.

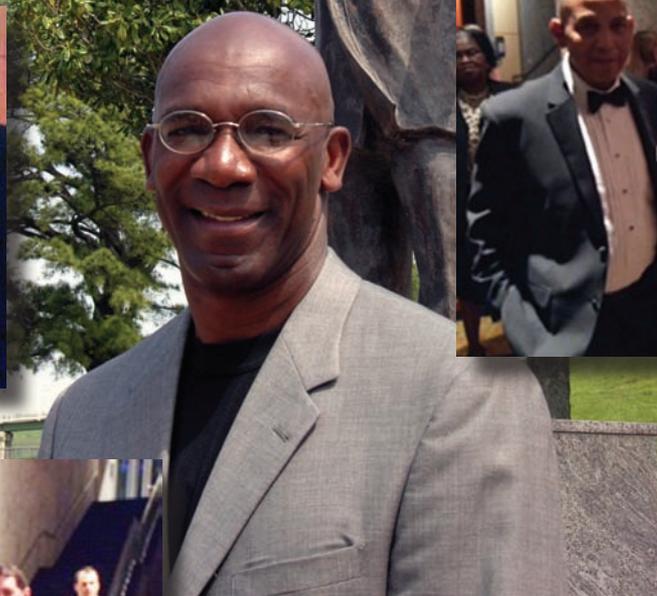
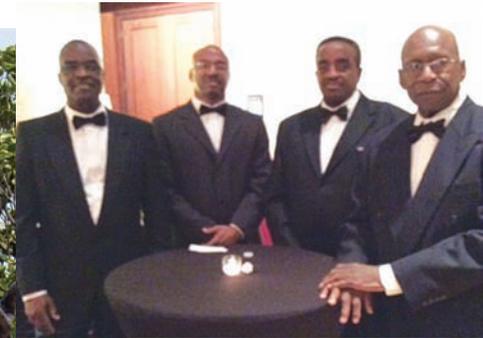
The Hargrove Foundation is the charitable link of the Hargrove Family of Companies. TVW editor Dorothy Huston serves on the Foundation's Board of Directors.

The Foundation serves to support the following four sectors:

Education, Arts & Culture, Sports Activities, and Health & Human Services, and is made possible by the generosity, compassion, and involvement of our Team within the communities we serve.

The mission of the Hargrove

Foundation is to identify charitable causes and organizations in local communities where we can have an impact on lives by giving of our resources and talents to bring greater opportunities for success and development.



From the Editor

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
Independent

Photographer
Eugene Dickerson

- Contributing Editors -
Hortense Dodo
Dave Herron
Amoi Savage

Website Administrator
Calvin Farier

Illustrator
John "Jahni" Moore

Editorial Consultant
Jerome Saintjones

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

Copyright 2015

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. Items do not necessarily reflect the views of The Valley Weekly, LLC.

The Valley Weekly

Ad Rates Single Issue

<i>Back Cover</i>	10x10-inches	\$1,000
Full Page	10x10 inches	\$800
3/4 Page	7.5x10 inches	\$600
Half Page	<i>Horizontal</i>	
	5x10 inches	\$400
	<i>Vertical</i>	
	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!		



Dear Valley Reader:

Brian Jerome Baldwin once worked with me in the E-Tutorial Center during my tenure at Alabama A&M University. The Center was funded by a grant from the Northrop Grumman Foundation out of California. Actually, he was the first Center Manager for an initiative that provided tutorial support to students in science and math courses. Brian was smart and creative. We had science and math textbooks from Huntsville City Schools and Madison County Schools in a laboratory environment on the first floor of Carver Complex, North. Students needing support could call-in, text, chat live with a tutor or fax math and science questions to tutors. The tutors did not answer the questions, but provided guidance for the students relative to where they might find concepts and examples in their textbooks that would lead them to keys and tips for solving the problems. The primary goal was to provide support for students who wanted and needed the support without requiring that they actually leave home to talk or work with a tutor. Research from students indicated that both local and non-local students used the e-center.

Brian developed an early interest in STEM-related subjects. In addition, he demonstrated a love for life, through his parents, Jerry and Gwen Baldwin; his wife - Latosha; his family and friends, along with his music. In 36 short years, he touched the lives of many. A real testament to Brian's spirit was the mass of people, of all ages, who came to celebrate his life and legacy. Typically, 36-year-olds have not lived long enough to create legacies. However, Brian left a mark--from middle school Student Government Association president, to Space Camp, to multiple summer internships on Redstone Arsenal; from Eagle Scout to Johnson High School Senior Class President; from Presidential Scholar and physics and mathematics major at AAMU to lab manager to entrepreneur.

He grew up in a Christian home and was active as a youth and adult member of St. John A.M.E. Church, where he participated in the youth choir, junior usher board and treasurer of the Youth Department. He won awards for performances on the tuba and trombone. He had musical training under Dr. Henrene Smoot and Mr. Rufus Gilmore and later became a well-known disc jockey in this area.

According to his obituary, he "enjoyed looking at model homes and apartments, watching the history channel, working on computer designs, and spending time with his family. His parents remember him as a kind, caring, and loving son. His wife remembers him as a loving and loyal husband who protected her and embraced her family" (<http://www.royalfh.com/fh/obituaries/obituary>).

Brian started Chief Entertainment in 2009. Chief Entertainment provided entertainment services for various entertainers and events. He leaves to cherish his memories a loving family and friends including his wife, Latosha Baldwin; his parents, Jerry and Gwendolyn Baldwin of Huntsville; along with a host of family and friends.

A celebration of Brian's life was held on Friday, November 6, 2015, at the Madkins Chapel Cumberland Presbyterian Church in America with Dr. Patrick Clayborn officiating. I had the good fortune of reading a Resolution by Dr. Paul Ruffin, retired Senior Research Scientist from the U S Army Aviation and Missile Research Development and Engineering Center (AMRDEC). Dr. Ruffin mentored Brian at AMRDEC as the most senior African-American in the Center during that time.

Brian was loving, smart and creative. I am blessed that God gave me the opportunity to see him last month. He talked about his wife, his parents, his business and about how happy he was to be pursuing his dream of entrepreneurship. I knew Brian and I loved him! Rest in Peace, our son.

Until next week ...

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

Dorothy

“If It’s Tuesday ... It Must Be DLC”

Ah...it’s Tuesday again and “oh the places you can go”! As a graduate of Cohort III in August 2015, I can now reflect upon my experience in this dynamic leadership program. At the very first session, a seed was planted within me that we were created to do great things by serving others and, as we serve others, “oh the places we can go”.

This leadership program has broadened my perspective on the many community opportunities any citizen in Huntsville can be involved in as volunteers or even board members to the numerous boards and foundations within the city. This program allows one to experience and interact first hand with civic leaders that are impacting change and making a difference in and around the city by their community involvement.

The initial session on servant leadership was instrumental in reinforcing the fact that great

leaders care about and serve others as they are called to lead in their various positions. These leaders help shape, develop and empower others to perform at their maximum potential. This aligns with the concept in the book “Good to Great” that we had to read and do presentations on assigned chapters. We found that great leaders who moved companies from “good to great” were at the top in their professions technically, yet operated in extreme humility while serving those around them.

Other DLC sessions included politics and government, diversity in education, religion, civic and community engagement, law, equality and social justice, and finance and investment planning. These topics gave Cohort mem-



bers a broad spectrum of community opportunities that are available to serve and volunteer our time. Aside from networking with the civic leaders, there was also an opportunity to network with class members to draw on their expertise in the many career fields that were represented amongst us members.

The DLC experience has put within me an intense desire to serve and volunteer my time. I’ve reached out to volunteer my services at the Boys and Girls Club of North Alabama and Burritt on the Mountain special events. Ah...“If it’s Tuesday...It’s Diversity Leadership Colloquium (DLC)” and “oh the places you can go” right here within the City of Huntsville.

by Linda Fowlkes

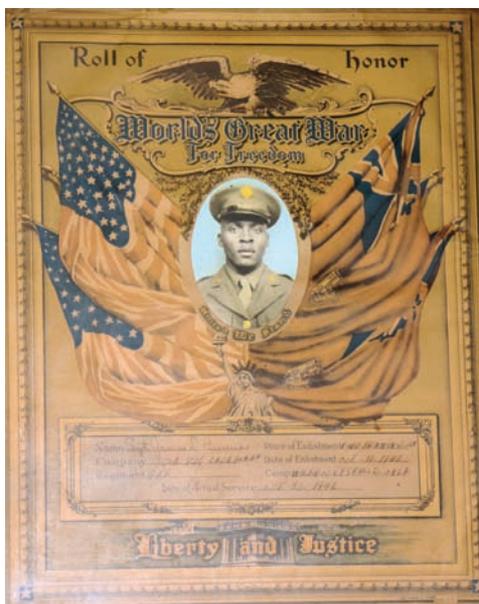
A Salute to Valley Veterans

by Linda Burruss

“Glory” is a 1989 American drama war film about the first formal unit of the Union Army during the American Civil War to be made up entirely of African-American men, as told from the point of view of Colonel Robert Shaw, its white commanding officer.

They were the first unit of what became known as the United States Colored Troops, and they were known for their heroic actions at Fort Wagner. I have watched it repeatedly, skipping forward to the scene around the campfire the night before the major battle as they sing, testify and give thanks.

Wednesday, November 11, 2015, was celebrated as Veter-



ans Day. My father, James Leo Burruss, was one of the African American men who served

bravely in the Army theatre of World War II, and my brother-in-law Horace L. Mitchell served in the Air Force in Vietnam.

With respect, honor and gratitude, thank you to all Veterans for serving our country and protecting our freedom.

A special and heartfelt salute to those living veterans, including Clifton Canady, Theodore Dixie, Sr., Maurice Drake, Daniel Farmer, Carl Gardner, Georgia McCloud, Henry Muse and Thomas Ross. And another hearty salute to those still boldly and faithfully serving, including Anton Canady, Carmen

Jackson Elston, Nathaniel Jackson, Jr., Brendan Pierre and Kanika McAlpine Singleton.

The College Consumer

by Sterling Barnes

Most student that attend college have a variety of different expenses. Room and board, tuition, parties and, most importantly, books. Students who do not have book vouchers have to endure out-of-pocket expenses for textbooks that are so great that, sometimes, they can add up to a month’s rent in some cases.

Although textbooks can be sold back to the bookstore or other similar entities, these services give students less than half of the cost of the book’s retail price.

Some books, depending on the course, could cost more than \$200 each. Moreover, sometimes the University changes the book required for that course before the next semester, thus jeopardizing any sell-back options.

Many websites and bookstores will buy back books that are current editions that will be used during the following semester. However, there isn’t a guarantee that the school will or won’t use the same *edition* of books after initial purchase. The problems can be averted by doing a little research about the methods through which you attain your books.

Present day college students have a few options other than paying full price for textbooks for their classes. For instance, there are book rental websites, and some campuses have rental services for students.

These services let students rent the book for the semester and then return it at the end of the semester. Such rental services are great for students because the price tends to be about a quarter of the cost of purchasing the

book outright.

Rarely, the college or university library will have textbooks that students can check out and use for classes, but usually these books cannot be taken from the library.

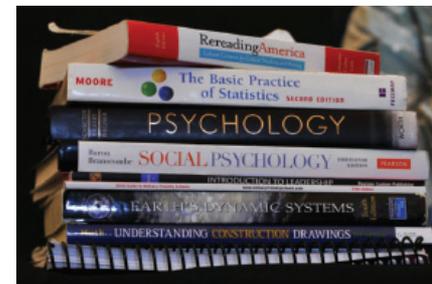
Also, students at some rental services allow students to highlight and take notes within the book. Other websites, like Amazon.com, offer used books from people who have a used or older edition of the textbook.

Personally, I have purchased books from Amazon

for fifty cents plus shipping for classes, books that were selling in bookstores for upward of \$60.

Most times, older editions of textbooks have the same information but arranged in a different order. Also, students that have taken a class in the semester prior will often sell their books at the beginning of the next semester at very low prices. Usually, the bulletin boards in respective school’s buildings will provide a complete list of books for sale.

These methods and a small amount of research can save Valley-area students hundreds of dollars each year.



Alabama A&M University WJ&M WJ&P - Tennessee Valley Jazz Society
FocusLiveLiveHSV presents

TALKING ALL THAT JAZZ

@FOCUSLIVEHSV

PERFORMING LIVE:
TENNESSEE VALLEY JAZZ ALL-STARS "HOUSE BAND"
SUNDAY'S JAZZ JAM SESSION @ 4PM ~ 7PM
2020 Country Club Ave NW, Huntsville, AL 35816

ENJOY DRINKS & FOOD SPECIAL | 1/2 OFF ALL LIQUOR |
LIVE - LOVE - MIX & MINGLE
LIVE ENTERTAINMENT *EVERY 2ND & 4TH SUNDAY

A NEW LIVE VENUE CELEBRATING THE DIVERSITY OF THE
TENNESSEE VALLEY JAZZ AND ART SCENE
FEATURING SOME OF THE VALLEY'S FINEST SESSION
MUSICIANS, VOCALIST & ARTISTS

Plus!

Honoring Those Who Have Served in the United States Military ... Thanks for Your Service!

from the
Staff and Advertisers of
The Valley Weekly



DANCE THEATRE OF HUNTSVILLE PRESENTS:



SEASONS OF LOVE
Rockin' The Gospel

NOVEMBER 14, 2015 5:00 P.M.

LEE HIGH MAIN STAGE

2500 MERIDIAN ST, HUNTSVILLE AL 35811

TICKETS \$8 - \$10

FOR TICKET INFO: (256) 541-0385.

Rep. Hall Among State's Most Influential Women

AL.com (Alabama Media Group) honored 34 "Women Who Shape the State" during a recent inaugural luncheon at The Hyatt Regency-Wynfrey Hotel in Hoover, Ala.

"We share the view that women are capable of doing great things," Von Maur store manager Melissa Patton said. Von Maur was the event's presenting sponsor.

- Elizabeth Barbaree-Tasker, chief of operations and finance at REV Birmingham
- Dr. Gwendolyn Boyd, president of Alabama State University
- Susan B. Brouillette, CEO/owner of Alacare Home Health & Hospice
- Miranda Carter, Johnny Ray's BBQ in Chelsea and Columbiana
- Catrena Norris Carter, executive director of Selma's 50th Anniversary Commemoration Foundation
- Casi Callaway, executive director of Mobile Baykeeper
- Kathryn Calogrides Coumanis, Penelope House founder
- Jan Davis, a retired astronaut and NASA executive who is currently vice president for Jacobs Technology
- Ashley DeRamus, Ashley DeRamus Foundation and Ashley by Design founder
- **Allison Dillon-Jauken**, executive director of The Arts Council in Huntsville
- Amy Disney, CEO of AMT Staffing
- Maricela Garcia, Hispanic Interest Coalition of Alabama volunteer
- Nancy C. Goedecke, chairman and CEO of Mayer Electric Supply Company, Inc.
- Shera Grant, deputy public defender at the Community Law Office
- **Laura Hall**, a retired educator and district 19's representative in the Alabama legislature
- Patti Hall, director of Alabama Gulf Coast Zoo



- Monique Rogers Henley, president of H&S Management Holding Company
- Melissa Kendrick, owner of Sojourns fair-trade store and founder of the South East Lake Bike Project
- Barbara Waters Larson, executive director of Leadership Alabama
- Wendy Jackson, executive director of Freshwater Land Trust
- Lilly Ledbetter, an advocate for women's workplace equality and retired manager for Goodyear Tire and Rubber Company
- Dr. Jayme Elizabeth Locke, a transplant surgeon at the University of Alabama at Birmingham
- Alicia Mackie, social media, PR and marketing director of

Together Assisting People

- Sally Purnell Mackin, executive director of Woodlawn Foundation
- Kagendo Mutua, a professor in the College of Education at the University of Alabama
- Mia Raven, founder of Montgomery Area Reproductive Justice Coalition, legislative chair for Moral Monday Alabama and owner/designer of Mia's Muses Jewelry
- Martha Lyon Peek, superintendent of Mobile County Public School System
- Ashley Reitz Peinhardt, an attorney at Hare, Wynn, Newell & Newton
- Joan Perry, owner and vice president of PHP Communications
- Leslie Sanders, vice president of Alabama Power's southern division
- U.S. Rep. Terri Sewell, representative of Alabama's 7th congressional district
- Jennifer Skjellum, president of TechBirmingham
- Patricia Todd, state director for Human Rights Campaign Alabama and Alabama's first openly gay elected official
- Jackie Wuska, president and CEO of United Way of West Alabama

Albert's Flowers and Morris Greenhouses

Located Downtown in Medical District; Closest Florist to Huntsville Hospital
Free Delivery to Huntsville Hospital and Local Funeral Homes

716 Madison Street - Huntsville, AL 35801

FLOWERS, GIFTS, EXOTIC FLOWERS
Graduate of American Art School
www.albertsflowers.com
256-533-1623
256-536-6911

Morris Greenhouses
2063 Winchester Road
Huntsville, AL 35811
256-890-1574



Healthy Campus Week Calorie Burn Challenge Winners



The Oakwood University Office of Public Safety on September 21 challenged the entire campus to a "calorie burn" event during Healthy Campus Week 2015.

Six teams accepted the challenge, and on October 30, the final weigh-in occurred. With a combined loss of 38.5 pounds, the winners of the "rolling trophy" are members of the team from Student Accounts: (back row, l-r) Waltie Getfield, Paula Wilson, Alton Conwell; (front row, l-r) Racquel McLean, Edrita Dawkins, Shelley Vaughn (team lead), Belita Newby, Anayansi Ramirez, and Lani Sharpe.

The trophy is "rolling" because

the winning team can be challenged to defend their title and trophy. One of the winning team members said she "went from chicken biscuits to oatmeal" for breakfast. Team leader Shelley Vaughn also stated that her team began to embrace the STAND-OUT principles, which made a difference in their lifestyle.

The second place team was Campus Safety (Chief Harris, Captain Clark, and Officers Brand, Byrd, Davis, Triplett and Winters). In third place was the Fit for Life team (April Fortune, Monica Gilmore, Faye Hicks, Stephanie Matthews, Cheryl Mitchell, Janet Poles, and Adana Wilson).

Calendar of Events

Thru November 30

Alabama A&M University Designated Tom Joyner Foundation School of the Month

Thru December 3

Mandarin Chinese (Beyond the Basics) Free Continuing Education Class

AAMU Center for Extended Studies

Thursdays, 5:30-7 p.m.
(256) 372-5753

November 14

Drop-In and Create Saturday
Huntsville Museum of Art
11 a.m.-1 p.m.

November 15

"Celestial Dreams: The Art of Space Jewelry"
U.S. Space and Rocket Center
9 a.m.-5p.m.

November 16

American Education Week Luncheon
Tickets: Malcolm@oakwood.edu
Speaker: Dr. James Klauber, President, Calhoun Community College
Holiday Inn Research Park
11:30 a.m.

November 20

Annual Nobel Laureate Lecture
Alabama A&M University
Dawson Building Auditorium
3 p.m.

November 21

Funset Social and Charity Club
Beautillion Ball
VBC North Hall, 7 p.m.

W&A

WOMACK & ASSOCIATES LLC

"Partnering With You to Make Informed Decisions"

*Comprehensive Financial Planning *Estate Planning *Accounting Services
*Tax Planning and Preparation for Individuals, Businesses, Estates and Trusts

To learn more contact us:

Lori A. Womack, CPA/PFS, CFP®

Managing Member

womack@womackassociatesllc.com

4650 Whitesburg Dr S, Suite 101

Huntsville, Alabama 35802

256-534-1360



Good Samaritan Hospice

-Locally owned and operated-

Call us at 256-772-8108
Remember, It's your choice,
so ask for us by name!

12312015

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.



State Farm



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



www.marshallengland.com

Habits as Bad as Smoking

Habits related to Cancer That Are As Bad For You As Smoking

1. All-Day Sitting

Even if you exercise regularly, habitually sitting for prolonged periods, whether at a desk or in a car, is being increasingly linked to a variety of health problems. According to Alberta Health Services-Cancer Care in Canada, inactivity is linked to nearly 160,000 cases of breast, colon, prostate, and lung cancer every year, about two-thirds as many cancer cases caused by smoking. *Make it right:* Take breaks at work, and even make (or buy) a standing workstation so you're less apt to sit all day. At home, resist the temptation to veg out in front of the TV. Go for a short walk around the block to relax, spend a few minutes cleaning, or schedule a gym date with your significant other.

2. Eating a Little Too Much Cheese and Meat

Animal proteins are rich in IGF-1, a growth hormone that can promote the growth of cancer cells. And a study from the University of Southern California published in the journal *Cell Metabolism* recently found that people on high-animal-protein diets during middle age were four times more likely to die of cancer than people on low-protein diets—a mortality risk factor comparable to smoking. *Make it right:* Replace some of your animal proteins with vegetarian protein sources.

3. "Cooking with Gas"

If you're one of the 34 percent of Americans whose home is equipped with a gas stove, you're getting an added dose of carbon mon-

oxide, nitrogen dioxide, and formaldehyde every time you cook a meal. Those same three contaminants are common in secondhand cigarette smoke, and a study in *Environmental Health Perspectives* found that all three contaminants in homes with gas stoves regularly exceeded public health guidelines. *Make it right:* Turn on the vent hood when you use your gas oven or cooktop. Ventilating a gas range can reduce pollutant levels by 60 to 90 percent, even if the fan seems wimpy. Also, cook on your back burners: Most vent hoods aren't properly centered over a cooktop; using the back burners will help your vent hood capture the most pollution.

4. Using Wrong Cooking Oil

Even if you rely on an electric stove at your house, you aren't immune to cooking's polluting effects. Studies on restaurant and residential kitchens have shown that high-heat cooking with shortening and soybean oil (usually labeled as vegetable oil in the US) releases particulate matter, aldehydes, and polycyclic aromatic hydrocarbons, all compounds found in cigarette smoke and linked to airway inflammation.

Make it right: Pick the type of cooking oil best suited your use. For instance, olive oil isn't good for frying or high-heat cooking but is fine for cooking at low temperatures or in salad dressings. Avocado oil, on the other hand, is great for high-heat cooking. Look for the smoke point on oils that you buy to make sure the oil matches your needs. And don't forget to run the ventilation hood.

5. Tanning Indoors

A recent study in the *Journal*

of the American Medical Association estimated that indoor tanning causes roughly 420,000 cases of skin cancer in the US every year. Smoking, by comparison, causes 226,000 cases of lung cancer.

Make it right: Learning to love pale skin is step number one. But if you really want a natural glow, eat more carrots and tomatoes, suggests a study published in the *Journal of Evolution and Human Behavior*. Both foods are rich in carotenoids, which will boost your skin tone, without having to worry about exposure to sketchy ingredients in sunless tanning sprays and lotions.

6. Sleep Deprivation

Chronic sleep deprivation triggers high blood pressure, heart attacks, strokes, obesity, and a host of other health problems. One study even found that not getting at least six or seven hours of sleep led to mortality rates on par with those seen in cigarette smokers. Even getting poor-quality or fragmented sleep—when you don't necessarily fully wake up, but the cycle from light to deep sleep gets interrupted—can speed the growth of tumors.

Make it right: Don't assume that being tired is normal. If you feel like you aren't getting enough sleep regularly, talk to a health professional to see if you might be suffering from a condition, such as sleep apnea, that might be interfering with your sleep.

Source: <http://www.msn.com/en-us/health/wellness/the-habits-that-are-as-bad-for-you-as-smoking/ar-AAepD1L?li=AAa0dzB>

Together We Can Accomplish Great Things

In the career-minded community, it is no secret that we like to look nice. Whether we are in a crisp, collared shirt or a sleek pencil skirt, presentation is everything, from your proposal to your pantsuit ... This year H&M partnered with world renowned designer/creative director Oliver Rousteing by bringing Balmain to 250 locations. Shoppers camped outside days in advance waiting for stores to open on November 5, 2015, when the campaign released. According to E! News, "the collection both online and in stores sold out just hours after launching." (eonline.com)

Other than the fine fashions, what really stood out to me was the message behind the Balmain x H&M campaign. "Through social media, H&M and Balmain invited their fans to join a movement of togetherness with: #HMBalmaination." Olivier Rousteing stated, "I want to talk to my generation: this is my main aim as a designer. H&M allows me the unique possibility of bringing everyone into the world of Balmain, get a piece of the dream, and create a global #HMBalmaination: a movement of togetherness, fueled on

a hashtag. The collaboration felt extremely natural to me: H&M is a brand that everybody connects to. It calls for unity, and I am all for it." (hm.com)

Togetherness, teamwork, unity, and collaboration is essential for entrepreneurship, but more importantly it's essential for life in general. "Rome wasn't built in a day," and it also wasn't built by one man. When we come together, we truly accomplish great things. I've worked on plenty of tasks with a team, and it was very beneficial because others would catch an error that I missed, brought an idea to the table that I didn't think about, or offered a completely different perspective on something. We depend on each other for our livelihood. I can do a lot of things, but I can't build a house, so I depend on someone's ability to build in order to provide shelter for my family. We need each other, therefore, we have to keep in mind in our social and professional interactions that unity makes us stronger.



Divide and conquer is the oldest trick in the book for control. We are powerless the more we separate, hate, and dissociate. Power is in numbers, power is in unity, and power is in collaboration. If you ask me, Oliver Rousteing could run this campaign for more than fashion, but also politically because that is exactly what America is missing, the "United" in United States. We need unity amongst the races, sexes, and socioeconomic classes. Once we accomplish unity, we accomplish world peace. If H&M didn't collaborate with these designers, most people wouldn't have the luxury of owning garments with their names on the label, so we have teamwork and togetherness to thank for that opportunity.

by Amoi Savage



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"



PowerShot

"Stay far from timid. Only make moves when your heart's in it and live the phrase Sky's the Limit."

-Biggie Smalls
(Christopher Wallace)



www.jahntheartist.com

"I will not have my life narrowed down."
- bell hooks

MB MARTINSON & BEASON, PC
ATTORNEYS AT LAW SINCE 1937

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
www.martinsonandbeason.com
facebook.com/martinsonandbeason
info@martinsonandbeason.com

f t in g+ YouTube

No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.



On This Day - November 13

Whoopi Goldberg - Born on this day in New York City, Goldberg is an Academy Award winning actress, comedian talk show host. One of the few recipients of an Emmy, a Grammy, an Oscar, and a Tony Award.

- BlackInTime.info



2016 Acura RLX

2016 Honda Accord

JERRY DAMSON

H HONDA A ACURA

satisfaction visit us online at damson.com

12/31/2015



Jorge Belisario
LEAP Grad 2015



Brittny Hill
LEAP Student 2015



Matt Hammond
LEAP Grad 2015

Photos by Ron Pollard © 2015

LEAP Higher

On Campus or Online

APPLY NOW FOR SPRING SEMESTER

Oakwood University's LEAP (Leadership Education for the Adult Professional) **Adult Degree Completion Program.** Higher education designed to help adults over 25 to complete a degree while working. LEAP offers a Bachelor of Science Degree in five programs. Contact us today—it's time to LEAP Higher!



↑ See the LEAP video

(256) 726-7099
www.oakwood.edu/leap
Oakwood University
McKee Business & Technology Complex, Lower Level
7000 Adventist Blvd. NW,
Huntsville, AL 35896



OAKWOOD UNIVERSITY
LEAP
Adult Degree Completion Program

BRYANT BANK

Unbeatable Service. Legendary Results.™

BANKING & MORTGAGE SERVICES

Downtown Huntsville | +15-H Church Street, Suite 100 • Huntsville, AL 35801 • 256.535.1045
Southeast Huntsville | 1804 Four Mile Post Rd SE • Huntsville, AL 35802 • 256.217.5170

Member FDIC

www.bryantbank.com

07/18/2016