

# The Valley Weekly

Volume 1, No. 12

Friday, November 21/28, 2014

FREE

*"I've suffered evils, but without allowing them to rob me of the freedom to expand."*

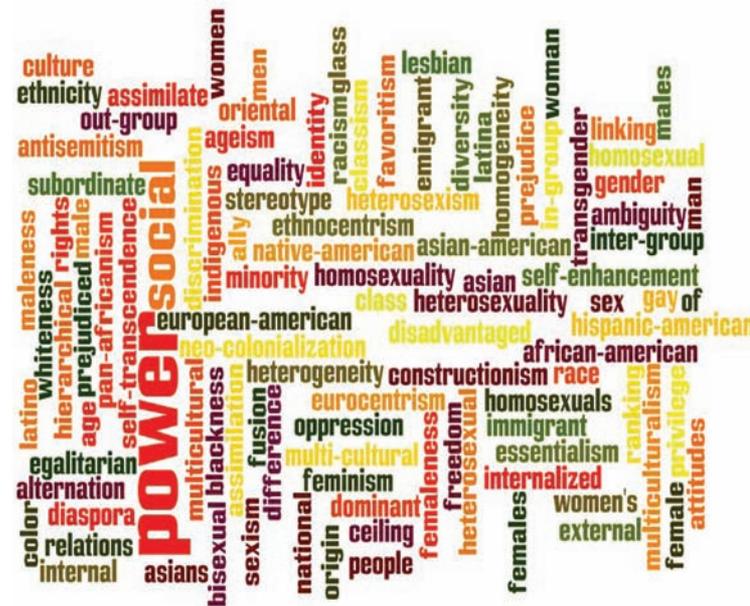
- Gordon Parks

## Diversity Training Modules Near First Deadline

Tennessee Valley area supervisors, directors and other corporate and business leaders have a unique opportunity to provide top-notch diversity training to their employees. 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. The first deadline for DLC's first module (January 13-March 3, 2015) is December 13.

DLC's offerings are provided in recognition and homage to the more than four-decade-old, world renown work of famed African-American clinical and industrial psychologist Edwin J. Nichols, director of Nichols and Associates, Inc., of Washington, D.C. Educated at Assumption College, Windsor/Canada; and Eberhardt-Karls Universität, Tübingen/Germany, Nichols earned his Ph.D. in psychology and psychiatry from Leopold-Franzens Universität, Innsbruck/Austria. Nichols has provided diversity training to Fortune 500 companies for more than 20 years.

Similarly, DLC will offer aspiring and seasoned professionals with opportunities to benefit from



[diversitycelebration.com](http://diversitycelebration.com)

qualified and seasoned trainers, scholars, and business professionals who share and discuss research and best practices regarding obtaining excellence through diversity.

Moreover, DLC is designed for individuals who are keenly interested in securing access to networks, mentors, and sponsors that have traditionally not been available to diverse members of the broader community. Enrollees will be exposed to such topics as: Understanding and Embracing Diversity, Organizational Culture and Structural Reform, Racial and Gender Intelligence, Social Justice and Equality, Net-

working and Mentoring, Politics, Heroes and Holidays, Critical Thinking and Self-Affirmation and Living the CARE Values.

Individuals and companies are making sincere efforts to verbalize a commitment to diversity excellence. However, they must also be trained to build the next generation of leaders who have the skill sets, tools and commitment to execute.

DLC will run four quarterly, eight-week colloquia on Tuesday evenings from 6-9 p.m. Participant(s) cannot miss more than 2 sessions. Sessions will be held at 415-A Church

Street (Downtown Huntsville). Sessions will be limited to an enrollment of 16 individuals for a nominal tuition fee of \$795.

The four-season 2015 DLC schedule includes: Winter - January 13-March 3 (Deadline: December 13, 2014); Spring - April 7-May 26 (Deadline: March 7, 2015); Summer - July 7-August 25 (Deadline: June 7, 2015); and Fall - October 6-November 24 (Deadline: September 6, 2015).

For additional information about the Diversity Leadership Colloquium (DLC), call (256) 536-9717 or e-mail [info@diversity-leadershipcolloquium.com](mailto:info@diversity-leadershipcolloquium.com).

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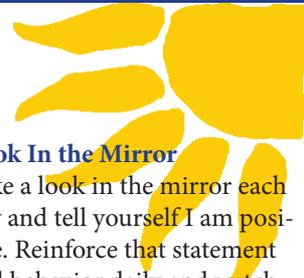
**Sunday, December 7, 2014**

T. M. Elmore Gymnasium

5:30 p.m. - FREE



# Looking on the Brighter Side



*Throughout life, all of us have faced or will face challenges that make it difficult to be positive sometimes. When things are difficult, having a positive attitude will help us make the best of the situations. To become more positive when dealing with situations, follow these steps.*

### Choose to be Positive

Being positive is a choice that you make. When you are faced with a

bad situation, find the good in it. Be in control of your attitude.

### Stay Away from Negative Forces

Surround yourself with friends and colleagues who can help you add value to the situation. Negative people attract negative people. Remember, the old saying that association brings simulation. Remove your negative behaviors and focus on the positive things that you are doing.

### Rid Negative Thoughts

Look on the bright side in every situation. Do not worry about negative things that you cannot change. Worrying about things

that you cannot change will affect your relationships and health. Focus on the positive things that you can do.

### Participate in Positive Activities

Try to occupy your day with

positive and enjoyable activities. Take a morning walk with your neighbors in the community; go see a movie or shop with friends.

Let your activities and entertainment be a positive nature.

### Look In the Mirror

Take a look in the mirror each day and tell yourself I am positive. Reinforce that statement and behavior daily and watch how your positive disposition will prevail.

by Georgia S. Valrie

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Items for consideration for publication in

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## The Valley Weekly

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# From the Editor

November is a month with many recognitions --from No-Shave November to World Diabetes Day, National Adoption Day, National Family Caregivers and Alzheimer's Disease Awareness Month. The American Cancer Society's (ACS) "Great American Smokeout" was held November 20, 2014. On the third Thursday of each November, the ACS encourages smokers to either outright quit smoking or to at least make a plan to quit one day at a time. With that said, Dr. Eugene Scott has written two features for *The Valley Weekly* recently regarding the various cancer risks associated with smoking.

The ASC also recognizes this month as "No-Shave November." The goal of this initiative is to increase the awareness of cancer by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Individuals participating in "No-Shave November" typically donate the money they would usually spend on shaving and grooming for a month to educate about cancer prevention, saving lives, and aiding those fighting the battle. My colleague, Steve Fisher has been observing "No-Shave November" for several years. When I saw him last week, it occurred to me that he continues to be committed to education and cancer prevention by growing that beard each November.

November is also Pancreatic Cancer Awareness Month. According to the ACS, approximately 46,000 people are expected to be diagnosed with pancreatic cancer this year. The website [www.cancer.org](http://www.cancer.org) is a wonderful resource for those of us who are seeking information about cancer research and awareness education. Last week, we introduced you to Charlotte Madison, a volunteer at Huntsville's CCI, who is a bladder cancer survivor and advocate. We hope her feature was educational. It certainly enhanced my understanding of cancer-related diseases.

Last week, a local trailblazer passed away. Doug Martinson, Sr., was honored by the Alabama State Bar for having practiced law for 50 years. According to the Message & Bulletin, a newsletter published by Martinson & Beason, P.C., Attorneys at Law, his interest in law was sparked around age 12. During his 50 years practicing law, he had cases all over the world. I am so glad I had the opportunity to know him over the past several years. Even doing his illness, he kept that signature positive



spirit, and he was always a consummate gentleman. Although I have met Mac, I know Doug II and Andy Sieja, I will miss Doug, Sr. I haven't had the pleasure of meeting his wife Kathryn; however, he talked about her frequently. Doug and I had talked about a trip to my hometown of Monroeville to see "To Kill a Mockingbird." I was simply waiting on a date that would work for Doug and Kathryn. I hope to see him on the other side. Like me, many Huntsvillians will miss this wonderful lawyer.

Many of you know that my dear sister Claudia passed away last week after the VW went to press. She had been a caregiver for many years for her late husband, who was confined to their home. During his illness, she gave her all to his care and welfare. Therefore, when he passed away, the physical and mental stress of day-to-day caregiving took a toll on her. Some of us will never know the responsibilities of caring for someone each day, but I can tell you that caregivers need support and relief. Often, we do not know the toll it takes on our loved ones until it is too late. As we recognize National Family Caregivers Month, let's remember to both encourage and relieve family caregivers. The work they do is priceless. President Barack Obama proclaimed on November 1, 2014, the following: "Each day, courageous individuals step forward to help care for family members in need, their quiet acts of selflessness and sacrifice telling a story of love and devotion. Across our country, parents and children, siblings and spouses, and friends and neighbors heroically give of themselves to support those in their lives affected by illness, injury, or disability. During National Family Caregivers Month, we salute the people who play difficult and exhausting roles, and we recommit to lifting up these Americans as they care for their loved ones while protecting their dignity and individuality." Let's do what we can. Until next week,

*Dorothy*

*... Let's remember to both encourage and relieve family caregivers. The work they do is priceless.*





Students participating in L.A.B.S. work in the student lab at HudsonAlpha

## NACEE, HudsonAlpha Make “Afterschool” Meaningful

The Educational Outreach team at the HudsonAlpha Institute for Biotechnology is partnering with the North Alabama Center for Educational Excellence (NACEE) on a new afterschool program to equip students with the skills and knowledge essential to the future science, technology, engineering and mathematics workforce.



Launching Aspiring Biotechnology Scientists (L.A.B.S.) kicked off last month.

In this pilot semester, 13 students will visit the Institute twice a week for three weeks after school. The goal of the initial sessions is to familiarize students with lab equipment and procedures. From this cohort of initial students, it is hoped that most will return for the spring semester visits.

Students completing the entire year program will receive a monogrammed lab coat and an invitation to participate in year two of the program.

The goal of L.A.B.S. is to equip students with the needed lab and

critical thinking skills to work independently in a laboratory setting to answer scientific research questions and take advantage of future lab opportunities.

“It’s going to be the foundation for them designing, developing, planning and then executing their own research,” said HudsonAlpha Educational Outreach team member Madelene Loftin.

HudsonAlpha will host an open house at the conclusion of L.A.B.S., at which parents, teachers and other community stakeholders will be invited to learn about the work students have accomplished during the program.

Submitted by Heather Smith  
HudsonAlpha

# Music Brings Patients Back to Life

by Linda Burruss

On my computer, under the “Favorites” icon, is an April 12, 2012, story by Katie Moisse, health editor of “Good Morning America.” The video shows Henry Dryer in his geriatric chair, slumped over the tray attached to his chair, unresponsive. He doesn’t speak or appear to move until a nursing home worker puts his headphones on.

Then, Dryer’s feet start to shuffle, his folded arms rock back and forth, and he sings out loud in perfect sync with his favorite songs. The article reports that the 92-year-old Dryer has dementia (<http://abcnews.go.com/Health/AlzheimersCommunity/alzheimers-disease-music-brings-patients-back-life/story?id=16117602>).

Dryer is one of seven residents profiled in the documentary “Alive Inside,” a heartwarming look at the power of music to help those in long-term care



facilities.

I work with a team that goes at least quarterly to one of the local long-term care facilities. The very supportive staff and family members bring residents to the community room or dining hall for worship. Those of us who are non-residents depend often on hymnals or copied songs, while the residents are able to recall an endless number of favorite hymns.

Despite having their eyes

closed and seemingly unaware of our presence, the hands of patients will rise in recognition of a favorite song; even the most silent will utter words in recognition, recalling a memory or cherishing the calming effect of the music. So, within the hour we are allotted, we sing, sing and sing.

The article I referenced went on to describe how the nursing home wanted to provide iPods to residents but knew the challenge it faced in trying to acquire so many. Maybe, on the other side of the coin, if you play an instrument, can clap your hands and stomp your feet, or if you have a willingness for singing, then ask for permission to share your talent with residents of a long-term care facility.

What appears to be the most favorite and sung most often? That’s easy: “Amazing Grace.”

### 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.



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## Funset Social and Charity Club

# 31st Annual Beautillion Ball



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SMITH, J.    SMITH, K.    SULLIVAN, A.    SUMLIN, A.    THOMPSON, I.    TORBERT, S.    TUCK, D.    VINCENT, K.

The Fun-Set Social and Charity Club, organized in 1966, celebrated its 31st Annual Beautillion Ball at the Von Braun Center's North Hall on Saturday, November 15, 2014. The ball's theme was "Inspiring Young

Leaders Educationally and Intellectually". Reverend C. Jermaine Turner was the evening's speaker and delivered an inspirational and challenging message.

Twenty-six young African-American men from Huntsville/

Madison County high schools were presented and escorted by their lovely Belles. Their outstanding educational achievements and career goals were highlighted. These bold, focused young men are the future of our

great nation and will become the driving force for our community, state, and world.

The Fun-Set Social and Charity Club established this annual event to support and encourage the success of young males

through enrichment seminars and scholarship awards. The organization has presented well over one thousand young men to society and remains committed to community services.

# Huntsville Happenings!

by Gary T. Whitley, Jr.

Thanksgiving Day 2014 is just a few days away. As we prepare to give thanks, let us remember those who do not have as much to be thankful for this Holiday Season. Fortunately, the holiday season reminds us all to give to others as we should do always and to do so cheerfully.

Earlier this year, the Alabama Department of Transportation forced the City of Huntsville to close the area under the I-565 overpass near downtown known as "Tent City." This area was home to many of Huntsville's often forgotten homeless residents. While our community offers a variety of services for the homeless, many agencies and centers have restrictions that this group opted not to comply with, thus making their home at Tent City.

Since the closing of Tent City, Mayor Battle and his team have been working to find additional resources to care for this group of citizens, but not without challenge. As I mentioned, this group primarily does not take advantage of services offered to them because of their beliefs.

For example, homeless shelters are not co-ed so a homeless couple must sleep separately if they choose to stay at an area shelter. While varied opinions and political discourse are being exchanged, Huntsville's Operation Green Team director, Joy McKee, has come up with a nifty solution to help our area homeless this winter, as well as the environment.

At the November 6 council meeting, Joy McKee introduced the plastic blanket. A blanket crocheted from shopping bags could help to keep a homeless



person warm this winter. The goal is to make 500 of these plastic blankets which will be distributed to area homeless in early December. This project is a win-win for the homeless and our environment, as each blanket requires roughly 700 bags to make. Keeping the plastic out of our landfills is best for our environment, as they take approxi-

mately 1,000 years to biodegrade.

If you can help crochet or donate plastic shopping bags, please call Operation Green Team at (256) 532-5326. Operation Green Team has the directions on how to make the blankets and there is also a video available.

As you prepare to give thanks this holiday season, remember to do a kind gesture for someone else. If you can't crochet and you already use the re-useable shopping bags, please consider donating your time or resources to any of the many area causes this season that need our collective support to provide for members in our community.



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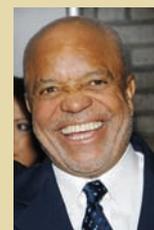


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## On This Day November 28th

On November 28, the man who was the mastermind behind one of America's greatest creations was born in 1929 in Detroit, Mich.

The legendary Berry Gordy, Jr., founded Motown Records and was responsible for securing some of the most widely known musical icons in the world, from Smokey Robinson to Diana Ross to Stevie Wonder to Michael Jackson.



The Motown Sound is a fixture on the American musical landscape, and there will probably not be another moment in time when so many stars decended at one place in time.

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# 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 become 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 aspiring 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.

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## Training Schedule

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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)



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- Application Form
- 3 References
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### References

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