

S.H.E. Agency

Welcome to the future of Public Relations and Special Events Planning with a unique twist! **S.H.E. Agency - Style. Hot. Energy.** This concept was created with a vision to promote memorable and delightful experiences while making an impact in the communities and lives we serve in the River Region and beyond.

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SHE Talks

From the desk of Traci A. Smith, CEO/President

For October, S.H.E. Agency is going Pink to bring awareness to breast cancer. Be sure to read Matalia's article about breast cancer awareness. Plus, we featured SISTAs Can Survive Coalition in honor of breast cancer awareness. Check out this wonderful survivor driven organization that aims to provide cancer education and cancer control service to African American and other medically underserved populations in Alabama.

In addition to this, read Chelsa's article about five wines to enjoy for the fall weather. For more information about wine, read her blog called Heard It Through the Grapevine at <http://www.heardgrapevine.blogspot.com>.

Plus, I included pictures from the All TIEd Up workshop that was presented to 60 young men last month. It was a success and I look forward to presenting it again in 2012. The All DOLLEd Up workshop for young women will be in March 2012.

We have a new writer, Ashley Smith, who is making her debut in our newsletter. She wrote an article about The Troy Davis Case. I encourage you all to read about this case and do some research to learn about the facts and not what the media wants you to believe.

Wear Pink in honor of Breast Cancer Awareness!

~T A S

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All TIEd Up Workshop 2011



S.H.E. HEALTH

Breast Cancer Awareness

By: Matalia Liptrot

Breast cancer is the leading cause of death and most common cancer in women.

This month, October celebrates 25 years of Breast Cancer Awareness, Education and Empowerment. Breast cancer is a malignant tumor that grows in one or both breast usually developing in the ducts or lobules.

Types of Breast Cancer includes:

- * Non Invasive - Tumors are confined to the ducts or lobules without spreading to surrounding tissues.
- * Ductal carcinoma in situ - cells found only in milk duct of breast often progressing to invasive.
- * Lobular carcinoma in situ - found only in lobules of breast doesn't develop into invasive cancer.
- * Invasive - Penetrates through normal breast tissues and invades surrounding area by spreading to other parts of the body such as bones, liver, lung and brain- most common type is invasive ductal carcinoma.

There are different stages of breast cancer based on the size of the tumor and whether the cancer has spread plus knowing the stage is the key factor in determining treatment.

The Stages of Breast Cancer:

Stage 0 - Early carcinoma in situ stage confined to the ducts or lobules.

Stage I - Early invasive cancer that hasn't spread beyond the breast.

Stage II

There are 3 types

- 1) Tumor is < 2 cm & has spread too lymph nodes under arm.
- 2) Tumor is b/t 2-5 cm & may have spread to lymph nodes under arm.
- 3) Tumor is larger than 5 cm & has not spread.

Stage III A - Tumor is larger but has not spread beyond breast [locally advanced].

Stage III B - Tumor has grown into chest wall & spread to lymph nodes behind breastbone.

Stage III C - Tumor of any size that has spread to lymph nodes, breastbone, under arm & collarbone.

Stage IV - Distant metastatic cancer that has spread to other parts of the body.

Recurrent - Cancer has come back recurring in breast, chest wall, another primary cancer or body part.

Men can develop breast cancer because they have breast cells that can undergo cancerous changes. Most breast lumps in men are due to gyecomastia which is common in male breast cancer. A mastectomy is a procedure that removes the cancerous breast tumor which is the general treatment choice for men. There are several types of male breast cancer which includes infiltrating ductal carcinoma, ductal carcinoma in situ, inflammatory breast cancer and Paget's disease of the nipple. Normal signs of breast cancer symptoms are lump in breast, abnormal thickening, and change in shape or color of breast. For more information, log onto www.nbcam.org or American Cancer Society to educate yourself!



About the Writer

Matalia Liptrot is an Ozark native with a Bachelor degree in Marketing from The University of Alabama. Matalia started out her professional career in corporate America as a buyer for a retail chain. She later entered upper retail management before making a career change to become an event planner to now working for a non- profit organization. Matalia's interests include working with community organizations to promote health and education and bring awareness to issues facing the community. She also enjoys socializing with family & friends, reading, writing, and personal growth. You can follow Matalia on Twitter (Tylo12) or e-mail her at Matalia@SHEagency.com.

Coach Carter's FastBREAK



About the Writer

John "Coach" Carter is a graduate of Troy University. He received his Bachelors in Political Science with a concentration in Business. He is also President of a management & marketing firm, Authentic Team Management LLC which specialized in helping amateur and professional talents, concentrating in music, modeling, and sports. He is heavily involved with health related causes such as Sickle Cell Foundation, AIDS Outreach, and Joy for Life. You can check out his media publication Authentic Chronicles News at acnewsmag.blogspot.com. Coach Carter currently resides in Montgomery, Alabama and can be reached at ateammangement@gmail.com

Jada Pinkett Not Wearing Her Wedding Ring

Jada Pinkett isn't earning many points with Will Smith fans these days. Smith's lovely wife wasn't present for at his 43rd birthday this past weekend. Then she spotted out without her wedding ring. To top it off, she recently attended a Marc Anthony concert. Could that mean three strikes and she's out?

Rumors have been flying around for the last few weeks that a Pinkett/Smith split is imminent. Jada's former HawthoRNe co-star and long-time friend, Marc Anthony, is often named as the reason for the split. But how much of the rumors are true?

At this point nobody seems to know, although Jada Pinkett and Will Smith have gone out of their way to head off the rumors. Earlier this month they issued the following statement, "Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false. We are still together and our marriage is intact." Why then, are for some people just not buying it?

Jada Pinkett and Will Smith have 13 years of marriage under their belts. Like other married couples, they've had their share of ups and downs. But does that translate to grounds for divorce? Obviously they don't think so, at least at this moment. However, some people seem eager to see the death of their marriage. Maybe it's because they are miserable themselves and they want everyone miserable as well.

As for Jada Pinkett's "ringless" sighting, some should note that the star was wearing workout clothes in the picture. She was obviously off to the gym for some exercise. A lot of women opt not to wear their rings when they work out. Why should Pinkett be any different?

2Pac Collection Debuts In Atlanta

The Atlanta University Center's Robert W. Woodruff Library officially announced the opening of the Tupac Amaru Shakur Collection for Scholarly Research on the fifteenth anniversary of the acclaimed rapper's death. The Library has assembled handwritten song lyrics, poems, video treatments, manuscripts and pieces of memorabilia from 2Pac's family and associates.

"We're honored to have partnered with the Tupac Amaru Shakur Foundation to preserve the artistic legacy of Tupac Shakur through this collection," said the CEO and director of the Woodruff Library Loretta Parham. "He transformed the landscape of hip hop culture and was one of the most compelling voices and talents of his generation. As an academic library, we feel privileged to be the stewards of the Shakur Collection and to promote for scholarly research."

Spanning years ranging from 1969 (two years before Shakur's birth) to 1996, the collection will serve Clark Atlanta University, Morehouse University and Spelman College. Published with Blogger

Fall into Wine



Summer is officially over and gone are the crisp white wines that we enjoyed sipping on poolside. Well, if you're a real wine lover you'll drink any wine any time of year. However it's time to sip on some wines that will keep you warm along with the sweater you'll be wearing when you're sitting outside enjoying these crisp, cool autumn evenings. Here are five wines that'll be sure to pair great with the scent of fall leaves and hearty dishes!

1. **Gruener Veltliner, or Gru-Vee**, can be medium bodied with ripe fruit flavors and good acidity which makes it a go-to food wine. It pairs well with pork, fried chicken, and roast meats. Also the great thing is that the prices of these wines are often valued below \$20.
2. **Gewurztraminer**, Gewürz means "spicy" in German, is a delicious, fruity wine with strong aromas, a very perfumed and flowery bouquet. A thick and rich wine, which can age, lasts up to 10 years. Gewurztraminer pairs well with curry seasoned dishes, Chinese and Mexican cooking and other spiced dishes. It can even be served as a dessert wine.
3. **Cru Beaujolais**, NOT Beaujolais Nouveau, but the 10 Crus of Beaujolais which produce wines that are light to medium bodied, loaded with fruit and elegant tannins. Each Cru has a different style ranging from light and fresh to spicy and concentrated. Pairs well with wild game, ham, or beef.
4. **Syrah**, or none known as Shiraz in Australia and South Africa, are medium to full-bodied, and have rich flavors of black cherry, blackberry, plum, bell pepper, black pepper, clove, licorice, dark chocolate and smoked meat. It pairs well grilled meats or veggies, wild game, richly flavored red meats, beef stew and for you pizza lovers, meat lover's pizza. However, Syrah can be expensive, starting at \$40 to \$50, for a good bottle.
5. **Negroamaro**, is more appetizing than its meaning "black bitter". These wines can be medium to very big in fruit and structure, are often described as bitter and having sizable tannins, and go great with tomato based sauces, pizza, or baked pasta.

What better way to bring in the fall than with great warm, spicy and full-bodied wines! Enjoy!



About the Writer

Chelsa Brown is a graduate of Troy University Montgomery. She received her Bachelor's in Social Sciences. She enjoys traveling, meeting new people, and mentoring youth. Her appreciation for culture and wine prompted her to develop the blog ***Heard It Through the Grapevine*** to inform and engage the River Region in all things related to wine. She currently lives in Millbrook, AL. You can follow Chelsa on Twitter (@MsCB83) or e-mail her at Chelsa@SHEagency.com

Mixing Physical Activity with Charitable Giving

By
Krystle Bell

I absolutely love philanthropy. Whether it is raising money, donating items, or volunteering at an event, I enjoy every minute of it. An event that many nonprofit organizations are hosting that has proven to be an effective method to fundraise and promote awareness is the charity walk/run. These events have a twofold purpose of raising money while participating in a healthy activity. Both walking and running are good for the body because these activities lower the risk of having heart disease, high blood pressure, and even diabetes.

Nonprofit organizations that have events such as these are the American Cancer Society, American Heart Association, Joy to Life Foundation, and the March of Dimes to just name a few. Whether the event is a 5K, 10K, half marathon, or marathon, these events are very popular, and I believe even more organizations will begin hosting similar events. Charity walk/runs are social activities, and all ages can participate. So the next time you want to find a way to donate to a worthy cause, lace up your sneakers, put on your favorite workout gear, and participate in a charity walk/run. You can't go wrong when you mix physical activity with charitable giving.

About the Writer



Krystle Elaine Bell is a 2007 magna cum laude graduate of Jacksonville State University with a Bachelor of Arts in Political Science and a double minor in Spanish/Business and Technical Writing. She recently received her Master in Public Administration with a concentration in Nonprofit Management and Leadership at Auburn University Montgomery in May 2011. Krystle lives in Montgomery, Alabama. She enjoys running, reading, and writing. Her interests include philanthropy, women's health, and metaphysics. Krystle can be reached at Krystle@SHEagency.com.

Troy Davis Case & The Death Penalty: My 2¢

By: Ashley Smith

Unless you have been living under a rock for the past month, by now you have heard the story of Troy Anthony Davis. On August 19, 1989 an off duty police officer, Mark MacPhail was murdered in Savannah, Georgia while attempting to come to the aid of a homeless man, Larry Holmes, who was being assaulted. Davis was arrested in connection with Officer MacPhail's murder as well as another shooting involving the victim, Michael Cooper, which had taken place earlier that same night. During Davis's trial in August of 1991, prosecutors alleged that Davis struck Holmes with a pistol and fled. When MacPhail ordered Davis to halt, Davis turned around and shot MacPhail several times. The defense claimed that it was a case of mistaken identity regarding both shootings and that another man, Sylvester "Red" Coles, was responsible for Officer MacPhail's death. Davis was convicted of multiple offenses, including the assault (shooting) of Michael Cooper and the murder of Officer MacPhail.

The evidence, or as many would say, the lack thereof, presented at Davis's trial is what drew such widespread attention to this case. There was no physical evidence such as the murder weapon or DNA linking Davis to the crime. The State's best evidence appeared to be the testimony of a ballistics expert who claimed that the bullet which killed MacPhail could have been fired from the same gun that wounded Cooper in the earlier shooting. The most controversial pieces of evidence came in the form of eye witness testimony, which would later become the basis of Davis's claim of innocence.

Davis and his attorneys, albeit unsuccessful, took full advantage of the appeals process. Davis filed several appeals in state and federal court, taking them all the way up to the Georgia Supreme Court as well as the United States Supreme Court. After his first federal habeas petition was denied by a federal appeals court in 2006, the State of Georgia set Davis's execution date for July 17, 2007. The execution was delayed by an appeal to the Georgia Supreme Court that was ultimately denied. A second execution date set in October of 2008 was delayed less than two hours prior to the scheduled execution time.

Thereafter, Davis filed another habeas petition in federal court which ultimately resulted in an order from the United States Supreme Court to the federal district court in Savannah, Georgia with instructions to receive testimony and decide whether evidence that could not have been obtained at the time of trial would establish Davis's innocence. The federal district court held that the recantations were not sufficient to establish Davis's innocence and replace the jury's verdict because two of the witnesses, Antoine Williams and Harriet Murray, neither directly stated that they lied at trial nor claimed that their previous testimony was coerced; two other recantations by Jeff Sap and Darrell Collins were impossible to believe; two more recantations by Dorothy Farrell and Larry Young were suspiciously offered in affidavit form, rather than live testimony at the hearing, preventing any chance of cross-examination by the State (Ms. Farrell was present at the hearing but Davis, for tactical reasons, chose not to call her); finally, the one credible recantation from Kevin McQueen much like the other six recantations failed to significantly diminish the State's case. Basically, the court opined that the recantations were not as credible and consistent as Davis would have liked to believe. Davis's other last ditch efforts for a grant of clemency by the Georgia Board of Pardons & Paroles and last minute request to the United States Supreme Court for a stay of execution failed and he was executed on September 21, 2011 at 11:08pm, EDT.

Despite the troubling outcome of the Troy Davis case, it ignited a discussion about a topic that had seemingly lost its fire in America. The death penalty has long been a controversial issue both nationally and worldwide. Proponents of the death penalty argue that it deters crime, prevents criminals from becoming repeat offenders, provides closure to surviving victims or their loved ones, and is a just penalty for the crime committed. However, opponents argue that it does not deter crime, discriminates against minorities and the poor, and is inhumane, thereby violating human rights and the constitutional prohibition against cruel and unusual punishment. Additionally, opponents argue that the death penalty leads to miscarriage of justice because innocent people may be put to death for crimes they did not indeed commit. This is most apparent in cases where death row inmates have been exonerated by DNA evidence years after they allegedly committed crimes that landed them on death row.

Continue on next page

Troy Davis Case & The Death Penalty: My 2¢ (cont.)

Although Officer MacPhail's murder and Davis's later conviction took place over two decades ago, many people, including myself, became aware of this case through social media outlets like Facebook and Twitter merely days before he was scheduled to be executed. My timeline lit up with tweets about saving Troy Davis, suggesting that putting him to death would be an injustice. I was amazed at how convinced these people were of his innocence. But, why? Because seven out of nine eye witnesses recanted their trial testimony? These people told different stories on different occasions so we know at some point they lied, but when? Did they lie at the trial or did they years later recant their stories in an effort to save Davis's life? The bottom line is WE DO NOT and we may never KNOW THE TRUTH. Unlike many of my "Tweeps", I am not convinced of Davis's innocence. However, I am also not convinced of his guilt. I am convinced that the death penalty is too final of a punishment for a system that is wrought with imperfections and uncertainty. Whatever value the death penalty brings to society, certainly it is outweighed by the burden that it simultaneously carries. Our legal justice system values the concept of trial by jury. So much so that it is often difficult for an appellant to meet the standard required to disturb the finality of a jury's verdict. As Americans, we should place more value upon preserving life rather than upon our constitutional virtue of establishing finality through our system of trial by jury.

While the system may be responsible for the deaths of inmates who have been convicted and subsequently executed, as individuals we have to take personal responsibility for our own actions. This includes where we go, what we do, and with whom we do it. Trials are not about establishing truth, rather they are about which side can get the jury to believe its story. Therefore, placing oneself in a position to be judged by a group of strangers in a system that is essentially flawed by nature is no smarter than playing Russian roulette. It is a gamble that consists of variables over which an individual has little control. Troy Davis gambled with his future that fateful night, the eye witnesses gambled with it during the trial, and the State of Georgia exercised its legal right to cash in on both their bets. In gambling typically there are winners and losers, but when we gamble with life, who wins?



About the Writer

Ashley Smith was born and raised in Montgomery, AL. She attended Harrison Elementary and Brewbaker Primary and Intermediate schools, Capitol Heights Jr. High, and she graduated from Sidney Lanier High School in 2002. She attended the University of North Carolina for two years then transferred to The University of Alabama. She graduated *magna cum laude* from The University of Alabama in May 2006, earning a Bachelor of Arts in Political Science and Psychology. After obtaining her Bachelor's Ashley went on to attend The University of Alabama School of Law. She graduated from The University of Alabama School of Law with a Juris Doctor in May 2009. In September 2009, she became licensed to practice law in the State of Alabama. She also became licensed to practice law in the State of Florida in May 2010. She began working for a private firm shortly thereafter and currently works as a Legislative Analyst for the State of Alabama.

Hobbies include playing softball and basketball, watching basketball, football, baseball and almost every other sport known to man, reading, writing, and spending time with friends, family, and loved ones.

S.H.E. Features

S.H.E. features SISTAs (Sisters in Survivorship through Action and Support) CanSurvive Coalition, Incorporated (SCSC). SCSC is a 501c3 nonprofit organization providing breast, cervical, ovarian and prostate cancer education and control services and promoting health and wellness lifestyle changes to reduce racial health disparities. Their mission is to combat breast, cervical and prostate cancer among the medically underserved using a collaborative and community participatory approach. Their goals are to reduce barriers to early detection and treatment, and to promote follow up care and quality of survivorship. They primarily serve African American survivors, family members and friends affected by the breast and cervical cancer experience with particular interest in the rural and remote River Region and Black Belt areas of Alabama.

They are the first African American survivor-driven organization in the state to offer public education and awareness, support groups, advocacy, and outreach programs using a culturally sensitive approach. They are trailblazers in the arena of training and survivor driven support groups and utilize a network of community volunteers as Survivor Advocate Members (SAMs) to provide cancer awareness messages to the public. During the past 15 years, SCSC has established formal partnerships to advance their mission with academic institutions, churches, and community-based agencies. They are reaching out to medically underserve African American survivors and women at risk for breast and cervical cancer that we have been unable to “reach” using social networking strategies to further reduce disparities.

To learn more about SISTAs (Sisters in Survivorship through Action and Support) CanSurvive Coalition, Incorporated (SCSC), call 334-430-1070 or 334-312-6774 or visit www.sistascansurvive.org.

Upcoming Events



Artists on Tap

October 20, 2011

<http://www.facebook.com/ArtistsOnTap>

Montgomery, Alabama

Montgomery's Tweet and Greet 5

January 2012



All DOLled Up Workshop

March 2012

Montgomery, Alabama



All TIEd Up Workshop

Spring/Summer 2012

Montgomery, Alabama



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