

Steel Magnolias

Breast Cancer Support Group, Inc.

Hello——The Dash——Goodbye

March 18, 2013



Prentiss Johnson

PIEDMONT: Funeral services for Prentiss VanSant Johnson, 81, will be Friday, March 8, 2013 at 2 p.m. at K.L. Brown Funeral Home & Cremation Center Chapel in Jacksonville with Rev. Jim Wilson, Rev. Larry McGathy, Dr. Dave Roberts and Dr. Mike Owens officiating. Burial will be in Greenlawn Memorial Gardens with full military honors. The family will receive friends at the funeral home Thursday evening from 6-8 pm. Mr. Johnson died Tuesday, March 5, 2013 at his residence.

He is survived by his wife, Lenora Johnson of Piedmont, AL; three sons, Van Johnson of Birmingham, AL, Bill Johnson of Huntsville, AL, and Greg Johnson of White Plains, AL; chosen daughters, Michelle, Andrea, and Amy; one sister, Sue Johnson McGathy of Piedmont, AL; one brother, Verlon Johnson of Piedmont, AL; three grandchildren, Olivia, Kaylee and Emily; five nieces and four nephews.

Honorary pallbearers will be Steel Mag-

nolias and The Men of Steel.

In 1932, Prentiss was born in a wood frame house built by his dad in 1929. At the age of 8 years old, lying in the bed he shared with his younger brother, and seeing snow blow through the cracks and collect at the foot of their bed, Prentiss determined that when he got big, he would live in a better house. At that time a passion began to develop that Prentiss would become a house builder. As a teenager, Prentiss kept mortar for the bricks his dad laid. When only a green country boy, he was drafted during the Korean Conflict. Test given by the Army revealed that Prentiss had a brilliant mind. The U.S Army appealed to Prentiss to allow them to send him to Officer's Training School, but Prentiss was determined to build houses. At the age of 22, with active military service behind him, Prentiss borrowed \$2000 and started W.A. Johnson & Sons Construction Co. After Mr. Johnson's death, the company name became, Johnson Brothers Construction Company. Both Prentiss and his brother, Verlon, had sons who wanted to work with their Dad. Prentiss and Greg Johnson named their company, Johnson Construction Company. Not long after discharge from the Army Prentiss joined the Piedmont National Guard. Through the years, Prentiss served as Hul Technician Chief in the Gadsden Naval reserve, then becoming Platoon Sergeant in the Piedmont National Guard, finally retiring after 38 years service to this country. Prentiss retired at the age



Sharing love through support

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of 74 from the construction business he started at age 22. In 2002, Prentiss was named an Honored Professional in the National Register's Who's Who in Executives and Professionals 2002 edition. During his 52 year career, Prentiss was partner in the building business that built 400 to 500

houses as well as commercial buildings, including the Winn Dixie Shopping Center in Piedmont. Gregerson's Groceries now owns that food store. Prentiss was preceded in death by a sister, Lavenia and by his Mom and Dad, William and Jewell Johnson. In lieu of flowers, donations may be made to Steel Magnolias, P.O. Box 36, Jacksonville, AL 36265. Online condolences to the family at: www.klbrownfuneralhome.com.

The Driver

By Gloria Woosley

I (Gloria Woosley) have known Prentiss Johnson since 2003, when I first joined Steel Magnolias. We loved him. When you saw either Prentiss or Lenora, you always saw the other, they were truly as one. The love they shown to the group was amazing.

Prentiss loved life. He was always smiling. I have never seen a frown on his face. His character was impeccable. He loved to joke around when we did the newsletters. He would always say I am just "The Driver". It didn't bother him to be second fiddle to Lenora. He supported her and the Steel Magnolias to the very end. It takes a strong man of God to put his wife above anything else in his life.

The love and respect they showed each other is a lesson to all of us. He was a strong husband for Lenora but he depended upon her strength too. Prentiss' sons Van, Bill and Greg looked up to their father. When Prentiss died one of them said a "giant has fallen." He died doing what he loved best, working on his tractor. Prentiss loved his daughters in law and his grandchildren. He was an example to them.

When a Steel Magnolia would call Lenora we would hear Prentiss in the background even on the phone. It was like talking to both of them.

Prentiss was a carpenter as was Jesus of Nazareth. Lenora, I can see Prentiss asking Jesus to let him help build your mansion. I can see Jesus smiling and saying okay because Jesus will give every desire of our heart in Heaven. So Lenora look for a beautiful place waiting for you in Heaven.

When all is said and done, Prentiss Johnson was a man of principle. He stood up for the things he believed in. He was an excellent person that did the very best job in everything his hands found to do. His son said it right, "A Giant has fallen."

Sincere Thanks

On behalf of myself, Lenora Johnson, my sons, chosen daughters and granddaughters, as well as Prentiss' siblings, nieces and nephews, thank you, Steel Magnolias and Men of Steel for honoring Prentiss with your attendance at his viewing and at his memorial service, for providing food the evening of March 5th. and for beautiful flowers for Prentiss' grave site as well as for our home. Thank you friends and RMC staff for your generosity of food for family and flowers of respect for Prentiss. Thank you to all the churches who ministered to our family with food and flowers. Thank you Leatherwood Baptist Church for providing house-sitters during both services. Thank you Wallace Webb for house-sitting while our family made last rites decisions. Thank you "sister musketeers," Susan Dupree and Sue Lane for being there to hold me while waiting for Van, Bill and Greg to arrive at our home. Thank you Chaplain Wilson for making two trips to our home, being there to listen and comfort. Thank you Julie McGathy and Kim Picton for preparing breakfast and dinner meals. You are truly an example of what it means to be family. Thank you Sue for keeping a schedule of those who would be bringing food. Thank you, sweet neighbor, Brandi LaBenne, for bringing your gift of a hot banana nut cake, knowing only that emergency responders had been at our house.

Mark Your Calendar

Tuesday, March 26, 2013: Steel Magnolias & Men of Steel Meeting, 5:00 p.m., RMC 1st floor Private Dining Room. RMC will provide sandwiches. Steel Magnolias please bring salad, chip & dip LITE dessert or fruit. Special guest will be a manager from Anniston Walgreen Drug Store. Don't miss his talk about Medicare part D

Saturday, March 30, 2013: Bake & Jewelry Sale, 9-5, at Quintard Mall, in front of Bath & Body Works. Why bake? Buy that Easter goodie from Steel Magnolias and help local cancer patients. Steel Magnolias be at the mall at 8:00 to set up sale and price baked goods.

Monday, April 15, 2013: Newsletter Mailing Day. Meet at 12:30 p.m. in suite 406 of the RMC Chaplain's Office.

Saturday, May 4, 2013: Lea Fite Memorial Golf Tournament, Pine Hill Country Club, 1:00 shot gun start. Lunch served at 12:00 noon. Steel Magnolias be at Pine Hill at 10:00 a.m.

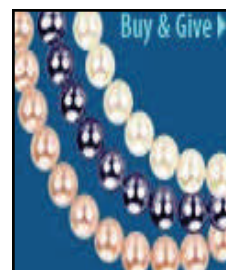


Bake & Jewelry Sale

Saturday March 30, 2013

Quintard Mall

Next to Bath & Body Works



9:00 am –5:00 pm

Baked Goodies

Just in time for Easter

Mom will love.....

Marti's 2013 Collection

Steel Magnolias
Breast Cancer Support Group, Inc

Great Jewelry selections
For Easter & Mother's Day



For more information:

Call the Steel Magnolias Office (256) 231-8827

Email <Lenora@steelmagnoliasinc.org>

Special Bakery Orders will be accepted no later than Tuesday, March 26, 2013

Opportunities For May 4, 2013 4th Annual Memorial Golf Tournament

Sponsorship Opportunities: Hole-\$100 - Bronze \$250

Silver \$500 - Gold \$750 - Platinum \$1000 -

Pink \$1250 and up.

Contributions of \$250 \$1250 or more, will be advertised on the Steel Magnolias website, Facebook page and in the Steel Magnolias Newsletter



For inclusion on the Banner of Honor, please call Jimmy Taylor (256) 463-7620—email tjimmeg63@aol.com or Margaret Taylor (256) 231-8827

4th Annual Lea Fite Memorial Golf Tournament

Hosted by : Men of Steel

Sponsored by : Mike Sanders/Food Outlet

Benefitting: Steel Magnolias, Inc

Let's Play Golf!! May 4, 2013—Pine Hill Country Club

Format: 4 man scramble—Cost \$50/Player or \$200 team

Start time: 1:00 p.m. Shotgun Start

12:00 Lunch will be provided before tournament

Player 1 Name _____

Player 2 Name _____

Player 3 Name _____

Player 4 Name _____

Opportunity at early registration to purchase a separate package that includes 2 mulligans, a throw and a skirt \$15.

Cost on day of tournament is \$20.

Prizes based on full field:

1st flight

2nd flight

1st place team \$400

1st place team \$300

2nd place team \$200

2nd place team \$150

Email: tjimmeg63@aol.com

Phone (256) 463-7620

Checks to be made payable to Steel Magnolias, Inc.
Mail to Jimmy Taylor, 1015 County Rd. 13
Heflin, AL 36264

“Vitamin D and Breast Cancer Biomarkers”

A Research Study



- ❖ Are you premenopausal (and age 55 or younger)?
- ❖ Do you get regular mammograms?
- ❖ Are you willing to be assigned to take a Vitamin D supplement or a placebo pill daily for 1 year?

You may be eligible for a new research study comparing the effects of Vitamin D supplementation on breast density and blood biomarkers to explore prevention of breast cancer.

**Northeast Alabama Regional Medical Center
Oncology Research Department**

Ruth Whiddon, Clinical Trials Coordinator

Office: 256-235-5084

Cell: 256-473-0180

A Sunny Disposition

Could breast cancer prevention may be as simple as taking your vitamins and spending some quality time in the sun? Being outside on a sunny day does wonders for the mood, and the newest trend in research suggests that it may even decrease the risk of breast cancer. Sun exposure is the principal source for vitamin D, and several studies have reported an association between high levels of sunlight exposure with low breast cancer incidence and mortality rates. Women with higher sun exposure were found to have half the incidence of breast cancer.

The newest research suggests that vitamin D decreases cancer cell growth and could possibly prevent the formation of cancer cells. Vitamin D deficiency is a worldwide epidemic, with recent reports indicating that more than 50% of the global population has insufficient vitamin D levels. In a recent analysis study, a 58% lower risk of breast cancer for women with normal levels of vitamin D was seen, compared to women with deficient levels. Although the easiest way to get an adequate amount of vitamin D is sunlight, it can also be found in certain fortified foods such as milk and yogurt, as well as in vitamin supplements.

Despite major advances in early identification and treatment of breast cancer, it remains a major cause of morbidity and mortality. Improving these statistics can be done through efforts in cancer prevention. One in every eight women are expected to be diagnosed with breast cancer in their lifetime. Due to this staggering statistic, physicians and scientists all over the world are desperate to find ways to not only cure the disease, but to prevent it. Vitamin D is a very promising new breakthrough in breast cancer research, and drug companies and academic institutions all across the world are testing the possibility that vitamin D may prevent breast cancer. We are lucky here at RMC to be affiliated with SWOG through the University of Mississippi and have access to cutting edge clinical trials, including several breast cancer prevention trials using vitamin D.

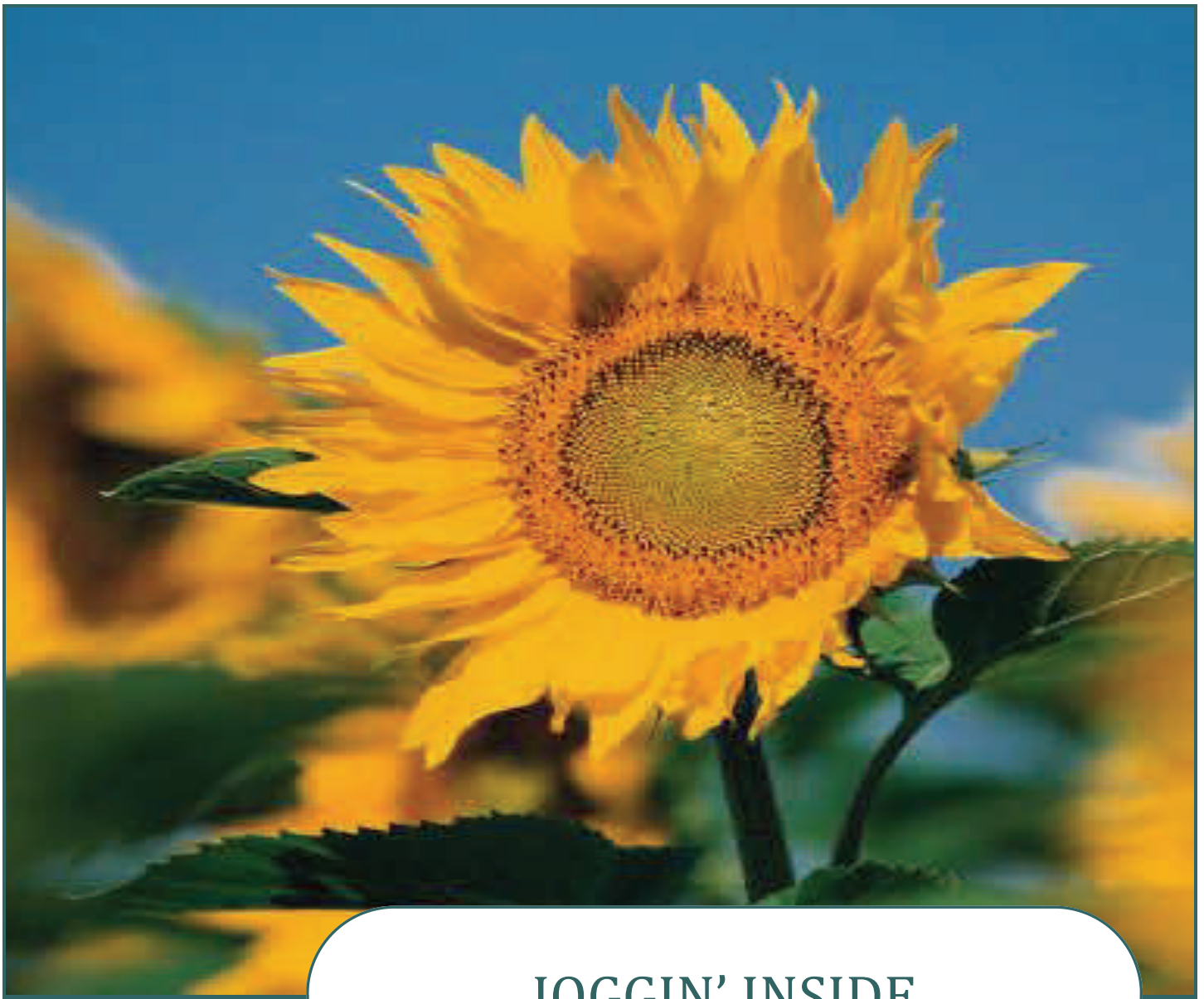
Medical Oncologist Dr. Ellen Spemulli is the most active Principal Investigator here at RMC, and she has done dozens of breast cancer research studies. Regarding the clinical trials program at RMC, she says "Having studies available in Anniston is a huge contribution to our cancer program and for cancer care in our area." She suggests that anyone with an interest in clinical trials should contact Ruth Whiddon, Regional Medical Center's Clinical Trials Coordinator, at 256-235-5084.

Regional Medical Center's newest Principal Investigator, Dr. George Crawford, has taken an active interest in the cancer prevention trials available through SWOG. He has recently opened three prevention trials, two of which are for breast cancer. "The best treatment for cancer is prevention," he says. "I am excited to be a part of research that has the potential to prevent cancer without significant risk to patients."

Some important facts to remember:

- ◆ This research is still very new. Whether vitamin D is associated with reduced risks breast cancer remains unclear.
- ◆ Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Do not start a new medicine without first talking with your healthcare provider.
- ◆ The National Cancer Institute (NCI) does not recommend for or against the use of vitamin D supplements to reduce the risk of any type of cancer.
- ◆ Although sunlight is the primary source of vitamin D, care should still be taken to protect the skin from the sun's harmful rays. Sun protection is *essential* to skin cancer prevention – about 90 percent of non-melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun. Learn how to protect yourself to stay safe.

For information on these trials or information on any of the clinical trials available at RMC, contact the Oncology Clinical Trials Coordinator Ruth Whiddon at **256-235-5084**.



JOGGIN' INSIDE

St. Peter was standing outside the gates of heaven when three men appeared, all of them doctors. Peter looked at the first one and asked, "What have you done in your life to deserve admittance into heaven?"

"I was an oncologist—I helped many cancer patients and saved many lives," the man answered.

"Very well," said St. Peter. "You may enter..."

Peter looked at the second man and asked, "What have you done in your life to deserve admittance into heaven?"

"I was a clinical pediatrician—I helped many poor kids who could not afford private care," said the second man.

"Very well," said St. Peter. "You may enter..."

Peter then turned to the third man and asked, "And what have YOU done in your life to deserve admittance into heaven?"

"I was the director of a large HMO company in the United States," the third man said proudly.

St. Peter paused and looked in his book for a few minutes. After a while, he looked up and said to the third man, "Well, you may enter the Kingdom of Heaven, but you may only stay for three days...."

Breast Cancer Prevention

*A Research Study of Vitamin D in Premenopausal Women
at High Risk for Breast Cancer*

Do you have a history of DCIS or LCIS?

Are you under the age of 50?

You may be eligible for a new research study
exploring breast cancer prevention.

For more information, please contact:
Northeast Alabama Regional Medical Center
Oncology Research Department

Ruth Whiddon, Clinical Trials Coordinator

Office: 256-235-5084

Cell: 256-473-0180



RMC

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Anniston

Advanced Technology. Advanced Care.