

The Valley Weekly

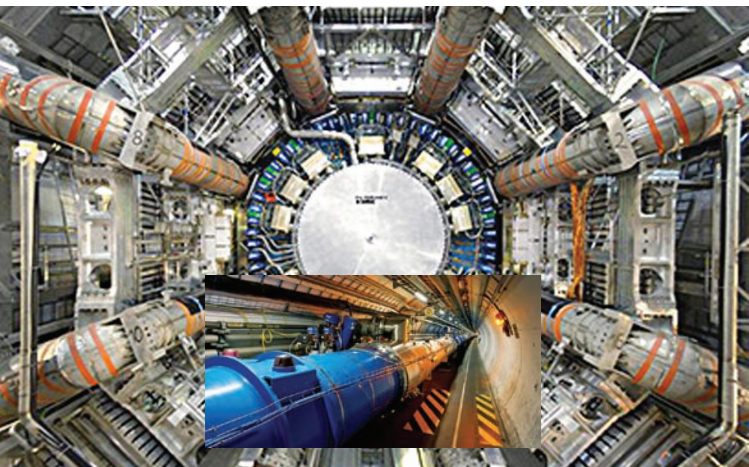
*"We must accept finite disappointment,
but never lose infinite hope.."*
- Martin Luther King, Jr.

FREE

Volume 2, No. 16

www.valleyweeklyllc.com

Friday, January 1, 2016



CERN to Change Leadership

The European Organization for Nuclear Research (CERN) changed leadership on January 1, 2016. CERN is a European research organization that operates the largest particle physics laboratory in the world.

The mammoth facility, located on the border of France and Switzerland yet near Geneva, is responsible for ground-breaking research and the recent production of physics Nobel laureates. But it is also fair to note that some leaders in the religious community equate the facility's work to means to open portals to unspeakable evils and forces that were intended to forever remain closed.

Fabiola Gianotti, an Italian particle physicist and CERN's first woman head, was elected Director-General of CERN in November. Gianotti succeeds Rolf-Dieter Heuer, who stepped down on December 31, 2015.

Additionally, Sijbrand de Jong will become the new CERN Council President, taking over from Agnieszka Zalewska at the end of her three-year term.

The acronym is also used in connection with the phenomenal underground (300 feet) laboratory, including its 17-mile wide Large Hadron Collider, which staffs more than 2,000 people and hosts over 12,000 fellows, associates, apprentices, and visiting scientists and engineers from universities throughout the world.

CERN's key function is to provide the particle accelerators and other infrastructure needed for high-energy physics research--as a result, numerous experiments have been constructed at CERN owing to international collaborations. CERN has also been credited as being the actual birthplace of the World Wide Web.

- Jerome Saintjones

Financial Freedom Workshop Announced

RiahRose Home for Children, Inc., will hold a workshop focusing on the "Building Blocks to Financial Freedom" on January 23, 2016, from 9 a.m. to 4 p.m.

The workshop is designed

for persons who are interested in building or rebuilding their credit. Although the workshop is free to 20 participants, registration is required.

Interested individuals should

call (256) 489-4348 to register. Breakfast, lunch and free babysitting will be provided to attendees.

The website for RiahRose is www.riahrose.org.

MLK Parade, Unity Breakfast Scheduled

In honor of the late civil rights leader and icon Martin Luther King, Jr., the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc., is holding two special events.

On Saturday, January 16, 2016, the organization will hold a Martin Luther King, Jr. Unity Parade in Downtown Huntsville. On Monday, January 18, the chapter will host the 31st annual Martin Luther King, Jr. Unity Breakfast in the Von Braun Center North Hall at 8 a.m.

Dr. King was born in Atlanta, Ga., on January 15, 1929. He went on to earn degrees at Morehouse College and Boston University. He was a prolific Baptist minister, activist, humanitarian, and leader in the African-American Civil Rights Movement.

King is perhaps best known for his role in the advancement of civil rights using nonviolent

civil disobedience based on his Christian beliefs, as well as for his nationally noted "I Have a Dream" speech at the 1963 March on Washington. In 1964, he received the Nobel Peace Prize for combating racial injustice and inequality through nonviolence.

In 1965, Dr. King assisted in the organization of the Selma to Montgomery marches, and the following year he and Southern Christian Leadership Conference (SCLC) moved north to Chicago to address segregated housing.

In the final years of his life, King expanded his focus to include both poverty and his bold yet controversial stance against the Vietnam War, which alienated liberal allies.

Then, in 1968, King was planning a national occupation of Washington, D.C., to be called the Poor People's Campaign, when he was assassinated on



April 4 in Memphis, Tenn. His death was followed by riots in many cities throughout the United States.

Have a Happy New Year!

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St. Luke Christian Church

Starbucks (Governors Drive, N. Parkway at

Mastin Lake Road/University Drive)

Union Chapel Missionary Baptist Church

2016 BHM Theme Focuses on 'Hallowed Grounds'

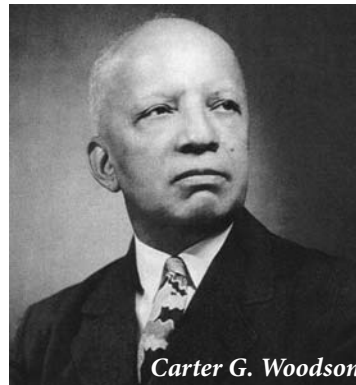
The Association for the Study of African-American Life and History (ASALH) has been the source of Black History Month themes for decades.

The Black History Month theme for 2016 is: "Hallowed Grounds: Sites of African American Memories." From the executive summary:

"... From port cities where Africans disembarked from slave ships to the battle fields where their descendants fought for freedom, from the colleges and universities where they pursued education to places where they created communities during centuries of migration, the imprint of Americans of African descent is deeply embedded in the narrative of the American past. These sites prompt us to remember and over time became hallowed grounds."

ASALH will hold its 90th Annual Black History Luncheon on Saturday, February 20, at the Washington Renaissance Hotel, 999 9th Street NW in Washington, D.C. Dr. Kaye Wise Whitehead will be the keynote speaker.

When Carter G. Woodson established Negro History week in 1926, he realized the importance of providing a theme to focus the attention of the public. The intention has never been to dictate or limit the exploration of



Carter G. Woodson

the Black experience, but to bring to the public's attention important developments that merit emphasis.

For those interested in the study of identity and ideology, an exploration of ASALH's Black History themes is itself instructive.

Over the years, the themes reflect changes in how people of African descent in the United States have viewed themselves, the influence of social movements on racial ideologies, and the aspirations of the black community.

The changes notwithstanding, the list reveals an overarching continuity in ASALH—its dedication to exploring historical issues of importance to people of African descent and race relations in America.

—Daryl Michael Scott
Howard University

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The Valley Weekly

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From the Editor

Ah, we just *never* know!

On December 21st, a body was pulled out of a house fire on Deerfield Drive. Early indications were that someone had passed away from smoke inhalation. I heard the 5 p.m. news flash and thought: *That's* the street on which Coley lives. I left that thought and moved on to whatever I was doing. Later that evening, my Aunt Catherine Willis called from Columbus, Ohio, and as soon as I answered the telephone, she asked, "Did you hear about Coley?" I answered, "No. Is he okay?"

She went on to share with me that he was found in the house fire in Huntsville earlier in the day.

You see, Aunt Catherine knew that I had known Coley Coleman since he was in high school. He was a product of The Piney Woods School, just south of Jackson, Mississippi. He was also an alumnus of Ohio Wesleyan University's Upward Bound Program in Delaware, Ohio--a program that I led for four years. I actually recruited him from Piney Woods to Alabama A&M University during my tenure as vice president for research. He earned a degree, with honors, from AAMU in computer science and even completed his coursework for a master's in computer science.

In this day and age there may be many who do not know the significance of a Piney Wood education. For more than 100 years, Piney Woods has provided a quality education to diverse students, grounded in the "Head, Heart & Hands" philosophy. More recently, their focus has turned to equipping our young people with the skills needed to become compassionate, ethical leaders for the new millennium. They were featured in *U.S. News & World Report* as one of the top 10 boarding schools in the U. S. According to the school's website, 98-100% of its graduating seniors go on to some of the most prestigious colleges and universities in the nation. Piney Woods students participate in Leadership Jackson, Leadership Rankin, and the Presidential Classroom (https://en.m.wikipedia.org/wiki/Piney_woods_school). Additionally, it is one of only four remaining historically African-American boarding schools in the United States. It is currently the largest African-American boarding school, as well as the second oldest continually operating African-American boarding school. The current curriculum combines strict discipline, Christian teaching and chores with classroom instruction. More than 98 percent of Piney Woods' graduates go on to attend colleges, including Xavier University, Princeton University, the University of Chicago, University of the South, Smith College, Harvard University, Vassar College, Tufts University and Amherst College (<http://www.pineywoods.org>). The 2,000-acre campus includes a 500-acre instructional farm, five lakes, managed timberland and Mississippi's only rock garden amphitheatre. That's impressive by anyone's standard.

Coley's math teacher from OWU's Upward Bound wrote the following about Coley on FaceBook last week: "Coley Coleman was one of the Upward Bound Family who came in, did well, went down to Piney Woods, a distinguished predominantly African American high school in Mississippi, then to Alabama A&M University, where he graduated. He helped a number of our students while he was a student himself in the program, so it is with sadness we find that he has moved on, a bit too soon, due to a house fire."

Coley also was a recent graduate of the Tennessee Valley Diversity Leadership Colloquium. He was a divorced father of two beautiful daughters. After graduating from AAMU, he moved to Baltimore, Md., and was a software engineer with Northrop Grumman. Later, he returned to Huntsville to be near his daughters. Most recently, he was an IT consultant. Life has its ups and downs, but we just never know from day-to-day when and how things will end. However, one thing is for sure: all of us have an appointment!

Happy 2016. Remember that "We can't go back and make a brand new start, but we can start now and make a brand new end" (Jack Garmise). Thank God for The Piney Woods School, OWU Upward Bound, Alabama A&M University and for the life of Coley Coleman. RIP, son, RIP.

Until next week,



Coley Coleman

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

Dorothy

New Year, New You

The New Year is the time of year that we typically commit to reinventing ourselves. We make new goals, seek new opportunities, and make plans toward bettering ourselves. As we leave 2015 and put the past behind us, we look at 2016 from a futuristic and forward-moving perspective. We are discussing personal and professional changes that we dedicate to; and, with 365 days ahead, there is so much to accomplish and look forward to.

One of the most common phrases is "2016 is going to be my year!" I know I have said it, as a matter of fact. I have said that every year; especially since I started my business back in 2010. Then, the year flies by, and I still didn't get quite where I wanted to be. But that's OK, and it's OK to keep telling yourself that you will reach your desired level of success. It's OK to set those goals and speak a great year into



(Photo cred: www.hdwallpaper.nu)

existence. The key is that you accomplish something and at least enables you to climb two or three more steps on those stairs toward success in 2016.

You may not hit the lottery like you would like and it may not be the exact year you're hoping for, but if you're pushing yourself, practicing more, perfecting your craft, and performing better and better, that is a great way to spend those 365 days. Eventually, your time will come; maybe not in line with your timing, but sooner or later you will reach your goal.

As I approach six years as an

entrepreneur, I've seen the ups the downs, the good the bad, a few failures and a few successes; however, I keep my eyes on the prize and dedicate my days on goal getting.

This time last year A. Savvy Articles didn't exist. It was an idea that I had in 2014, but I made it my mission in 2015 to make it happen. I didn't know when I started that it would lead me to publication in "The Valley Weekly!" I just stuck to my New Year's business resolution, and I was blessed to receive this increase.

If you are making New Year's resolutions or claiming that 2016 is your year, good job! You are taking the first step by setting that goal. Just remain focused all year long because it is no telling where it could take you!

Have a Happy New Year!

by Amoi Savage

The Hamm Consulting Group



Washington in 60 Seconds

Here are your top issues in Washington, D.C., last week:

1. The House and Senate completed their work for the year on Friday and adjourned the First Session of the 114th Congress to reconvene in January. The House of Representatives will reconvene on January 5, 2016, while the Senate will reconvene on January 11.

2. President Obama will remain on vacation in Hawaii until January 2, 2016.

3. Last Thursday, the White House announced President Obama's final State of the Union Address on January 12 will depart from the traditional litany of policy proposals in favor of a broader discussion on the challenges facing the country.

The White House also cited the following items for the President's final year in office: criminal justice reform, the Trans-Pacific Partnership trade pact, climate change, and gun control measures.

4. Star Wars vs. 2016 Candidates. In a poll of 1,000 adults published on December 15 by Ipsos Public Affairs, respondents chose Darth Vader (27%) over Donald Trump (18%) and Yoda (41%) over Hillary Clinton (25%). In a closer matchup, Trump ended up in a dead heat with Chewbacca.

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The strength we need and the source of power is always present. It's just that we live/exist in such a distracting environment that we either forget or are not sure where to plug into the power. One key is in *speaking* it. Words possess the power of construction and destruction. When we speak of that which we desire in a manner of conviction, we are speaking truth to power. It's like plugging in a microwave to the power outlet. The power is omnipresent; all we have to do is plug in and turn on to get the desired result. So use your words for connecting with that which will nourish and uplift you rather than give your power to destruction. If you ever need to be reminded of the possibilities and hope, look into the face of the children. They are proof that Divine Design is telling us to keep moving forward. Today, say something positive over and over and see what happens.

- John 'Jahni' Moore

PowerShot

"I may not change the world but I guarantee I will spark the brain that will change the world."
-Tupac Shakur



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You Can Go Home Again

T-Town's Public Housing Makes the Grade

I usually have no problem letting people know that as a native of Tuscaloosa who grew up there as a black child in the '60s, I looked forward to my college days as a ticket straight outta T-Town.

It was in Tuskegee, I recall, where I once heard a visiting pastor at a local church laud the benefits of storms.

"There's a lot of good in storms," he said. "For it's in storms that all weak things fall."

Those words returned to me when I drove back to Tuscaloosa to see my brothers. Charles, from Detroit, was visiting Johnny. I had made several visits home, but this time was different.

Charles and I decided to actually *tour* the city, to go through the old neighborhoods and to see what had changed and what had remained the same.

What I found was eye-opening. Sure, there were still many of the old homes, just with new faces now. Even some of the old stores were still there, as well.

But some street names had been changed in honor of people like Martin Luther King, Jr., and like blues queen Dinah Washington, who was born in Tuscaloosa, but had never been acknowledged by people in authority.

I noticed real differences on the predominately black sides of



town. There now seemed to be some conscious, tangible efforts aimed at fixing things up and making the area appear to be a genuine part of an entire city.

Two immediately noticeable areas were the two major black public housing developments that had been devastated by the tornado outbreak of April 27, 2011--Rosedale Courts and McKenzie Courts.

Both complexes had been rebuilt in the manner and architecture that many cities reserve for the young whites they want to lure to their downtowns. There was nothing about them that wore the scarlet letters of public housing.

Sometimes, change does happen, even in those places you once wrote off as too set in their ways. Never have I been so glad to be proven wrong.

by Jerome Saintjones

Individual Retirement Accounts, or IRAs, are important vehicles for you to save for retirement. If you have an IRA or plan to start one soon, there are a few key year-end rules that you should know. Here are the top year-end IRA reminders from the IRS:

- Know the contribution and deduction limits. You can contribute up to a maximum of \$5,500 (\$6,500 if you are age 50 or older) to a traditional or Roth IRA. If you file a joint return, you and your spouse can each contribute to an IRA even if only one of you has taxable compensation. You have until April 18, 2016, to make an IRA contribution for 2015. In some cases, you may need to reduce your deduction for your traditional IRA contributions. This rule applies if you or your spouse has a retirement plan at work and your income is above a certain level.

- Avoid excess contributions. If you contribute more than the IRA

limits for 2015, you are subject to a six percent tax on the excess amount. The tax applies each year that the excess amounts remain in your account. You can avoid the tax if you withdraw the excess amounts from your account by the due date of your 2015 tax return (including extensions).

- Take required distributions. If you're at least age 70½, you must take a required minimum distribution, or RMD, from your traditional IRA. You are not required to take a RMD from your Roth IRA. You nor-

Top Year-End IRA Tips

ally must take your RMD by Dec. 31, 2015. That deadline is April 1, 2016, if you turned 70½ in 2015. If you have more than one traditional IRA, you figure the RMD separately for each IRA. However, you can withdraw the total amount from one or more of them. If you don't take your RMD on time you face a 50 percent excise tax on the RMD amount you failed to take out.

- IRA distributions may affect your premium tax credit. If you take a distribution from your IRA at the end of the year and expect to claim the PTC, you should exercise caution regarding the amount of the distribution. Taxable distributions increase your household income, which can make you ineligible for the PTC. You will become ineligible if the increase causes your household income for the year to be above 400 percent of the Federal poverty line for your family size. In this circumstance, you must repay the entire amount of any

advance payments of the premium tax credit that were made to your health insurance provider on your behalf.

Each and every taxpayer has a set of fundamental rights they should be aware of when dealing with the IRS. These are your Taxpayer Bill of Rights. Explore your rights and our obligations to protect them on IRS.gov.

Additional IRS Resources:

- Tax Topic 451 - Individual Retirement Arrangements (IRAs)
- Publication 590-A, Contributions to Individual Retirement Arrangements (IRAs)
- Publication 590-B, Distributions from Individual Retirement Arrangements (IRAs)
- Retirement Plan and IRA Required Minimum Distributions FAQs
- Form 5329, Additional Taxes on Qualified Plans (Including IRAs) and Other Tax-Favored Accounts

by David Herron

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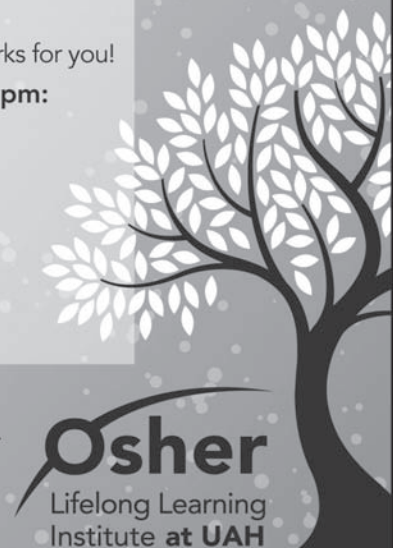
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THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

NMAAHC Set to Open in Fall 2016

The Smithsonian's National Museum of African American History and Culture broke ground nearly four years ago on the National Mall in Washington, D.C. The 400,000-square-foot building is being built on a five-acre tract adjacent to the Washington Monument at a cost of \$540 million.



Although construction proceeds, the museum simultaneously hosts public programs, organizes several traveling exhibitions and produces books and recordings.

The monumental facility, which some sources suggest could be among the last built on the National Mall, was designed by Ghanaian-British architect David Adjaye. Adjaye's works include the Nobel Peace Center in Oslo, Norway.

According to a Smithsonian Museum publication, Adjaye grew up in Tanzania, Egypt, Ye-

men, Lebanon and England. The architect notes that such upbringing forced him "to negotiate a wide variety of ethnicities, religions, and cultural constructions."

By the time he had turned 13 years of age, he considered his lot normal and an indication of how the world was. He said the moves gave him an edge in the perception of the international global world indicative of the present.

Adjaye stated that the majority of his work has been in cosmopolitan cities, or sites where

differences are being negotiated all the time.

For more information, visit <http://www.smithsonianmag.com/arts-culture/q-and-a-with-architect-david-adjaye-968512/#ts5eBTg2K1dPfwHz.99>.

Moreover, the eighth exhibition, "Through the African American Lens: Selections from the Permanent Collection," was displayed in the museum's temporary gallery at the Smithsonian's National Museum of American History.

For more information about the museum, visit nmaahc.si.edu.

Local Vocalist Releases New CD

Local vocalist Authurine Shackelford announces the release of her first CD titled "Sing Unto the Lord," which is a musical potpourri of praise and adoration to God.

CDs are available online at CDBaby.com (<http://www.cdbaby.com/cd/arthurineshackelford1>). Digital downloads are available on CDBaby.com, iTunes, Amazon.com, and Google Play.

Interested individuals can contact Shackerford directly at shackpublishing@aol.com. The CD was mastered and produced



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*If all greatness lies in the past,
what is the point of the future?*

- Stephen L. Carter

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Calendar of Events

Thru January 24, 2016

"Blow Up: Inflatable Contemporary Art"

Sponsors: Sarah and Carl Gessler
Huntsville Museum of Art

January 9

Bulldog Basketball vs. University of Arkansas at Pine Bluff
Alabama A&M University
T.M. Elmore Building
6 p.m.

January 10

Harlem Globetrotters
VBC Arena

January 11

Alabama A&M University vs. Mississippi Valley Basketball Doubleheader
Elmore Gymnasium |
Women 5:30pm & Men 7:45pm

January 15

The Annual Dr. Martin Luther King, Jr. Emancipation Proclamation Celebration
Speaker: Rev. Dr. Clifford A. Jones, Sr., Charlotte, N.C.
Progressive Union MB Church
1919 Brandontown Road
7 p.m.

January 16

Martin Luther King, Jr. Unity Parade
Downtown Huntsville

MLK Christian Jazz Fusion
First Seventh Day Adventist Church
1303 Evangel Drive
6 p.m. (Free)

"Journey's Escape"
Black Jacket Symphony
Von Braun Center Concert

Hall
Downtown Huntsville
8 p.m.

MLK Weekend Black Affair brought to you by Sunny 98.1 and McCloud Entertainment

Cahaba Shrine, 1226 Blake Bottom Road
9 p.m. - Until
First 100 Advance Tickets \$10
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Contact: 256-479-1169 or 256-693-2004

January 16-18

Oakwood University MLK Basketball Classic

January 17

Art-N-Soul Society of Expression MLK Poetry Event
Bob Harrison Center

6156 Pulaski Pike, NW

January 18

Martin Luther King Jr. Unity Breakfast
Von Braun Center North Hall
8 a.m.

January 23

"Building Blocks to Financial Freedom"
Free Workshop for 20 Participants (who need to build or rebuild credit)
Sponsor: RiahRose Home for Children, Inc.
www.RiahRose.org
(256) 489-4348

February 5

30th Pastoral Anniversary Celebration
Honoring Pastor Wayne P. Snodgrass of Progressive Union Missionary Baptist Church

Union Chapel Missionary Baptist Church
Education Assistance Ministry
Presents

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10:00 a.m. - 1:00 p.m.

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For additional information, contact Pamela Thompson at (256) 509-4554

Common Skin Conditions and How to Treat Them

According to popular website BlackDoctor.org, the Mayo Clinic defines eczema as a condition that makes the skin red and itchy.

Psoriasis, on the other hand, is defined as an *over-production* of skin cells and is usually identified by its by its thick, silvery scales and itchy dry, red patches, which are sometimes painful. Both are considered autoimmune diseases.

Eczema can occur as a result of coming in contact with certain dyes, fabrics, soaps, laundry detergents, animals, and other triggers, including stress, fragrance, and over-washing of the hands.

Moreover, in addition to being red and itchy, the affected areas often contains blisters or that are filled with pus. In most cases, one can clear eczema with over-the-counter topical or antibiotic creams. Eczema is common among infants.

Similar to eczema, psoriasis, too, can occur anywhere on the body. It tends to be most common on the elbows, knees, and legs. According to the American Academy of Dermatology, about 50 percent of psoriasis patients will eventually experience patches on their scalp.

Psoriasis can also be treated with over-the-counter topical and antibiotic creams. In more severe cases, the physician could prescribe an oral medication or recommend a light therapy treatment.

Although it often goes undiscussed, psoriasis can also develop on the genitals, which can be uncomfortable and embarrassing if you're in an intimate relationship. The patches that develop on or around the genitals tend to be softer than the patches on your arms and legs due to the increased amount of moisture in those areas.

While eczema and psoriasis are both known

to cause social anxiety, a 2010 study discovered that people with psoriasis have a greater risk of depression, anxiety, and suicidal thoughts. Although living with eczema and psoriasis can be difficult, you can still have a happy, normal, and productive life.

When coming in contact with others, persons with the conditions are urged to avoid feelings of shame. Instead, use the chance as a way to educate people and to debunk any common myths.

If at a loss for words, a good ice breaker might be, "Don't worry; it's not contagious." Try saying it with a smile and maybe even a laugh! And if you feel so inclined to explain your condition, do so briefly and move on quickly. If you treat your eczema or psoriasis as if it's no big deal, others will take notice and learn to do so as well.

For more information, visit BlackDoctors.org.

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On This Day - January 1

John Henrik Clarke - Born in Union Springs, Ala., Dr. Clarke became one of the world's most noted and respected Pan-Africanists. He was a leading scholar on African-American, Caribbean and African history.

- BlackInTime.info



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LEAP Grad 2015

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