

The ASALH 2020 Theme for Black History Month Announced, p. 8

Friday
January 3, 2020
 Vol. 6, No. 17
 ValleyWeeklyllc.com

2020 tim allston: Making New Day's Resolutions for 2020!, p. 4

Tips for Better Sleep, p. 4



"Most leaders spend time trying to get others to think highly of them, when instead they should try to get their people to think more highly of themselves. It's wonderful when the people believe in their leaders. It's more wonderful when leaders believe in their people!"
 - Booker T. Washington

A&M Will Host Gathering on Environmental Justice

Alabama A&M University's Department of Community and Regional Planning is gearing up for its Second Annual Urban Planning Conference set for February 21, in the ARC Auditorium. The conference will focus on "Environmental, Social and Spatial Justice Planning."

AAMU planners say global challenges to justice present opportunities for innovative, informed, and reflective planning practices. How cities respond to the climate crisis, the rise of nationalism and the closing of borders, unaddressed legacies of racialized oppression,

and economic entrenchment will be a focal point for the field of planning, they add.

Thus, the second annual conference invites presentations of research, practice, and experiential planning practices that address the challenges of environmental justice, social justice, and spatial justice.

Conference organizers

are especially interested in case studies, research, and practice that incorporates existing and/or historical precedents in any area of planning, design, or policy related to urban spaces with directions for the future.

Topics will include the following: Climate justice and vulnerabilities; Environmental justice; Racial and

ethnic diversity; Decentering whiteness; Gender equity and inclusion; New technologies (e.g., crowdsourcing, the sharing economy, driverless vehicles); Housing and homelessness; Economic and community development; Healthy access and food systems; Transportation and land use; Historic preservation; Politics of planning, etc.

Direct any questions to Dr. Deden Rukmana, Department of Community and Regional Planning, by e-mailing planning@aamu.edu.



Alphas Plan Annual MLK Unity Breakfast, Parade

The Delta Theta Lambda Education Foundation of Alpha Phi Alpha Fraternity, Inc., will hold its annual Martin Luther King, Jr. Unity Breakfast on Monday, January 20, 2020, at the Von Braun Center North Hall 1-3.

The Martin Luther King Day Parade will be held in Downtown Huntsville on Saturday, January 18, from 12 noon-1:30 p.m. The starting point is Lot K at 620 Clinton Avenue West. The parade theme is "Keeping the Dream Alive!"

For more information, visit www.dtlalpha.org.

UAH Schedules King Commemoration Program

The public is invited to the Dr. Martin Luther King, Jr. Commemoration Program at the University of Alabama in Huntsville (UAH) on Thursday, January 16, at 3 p.m. Student Services Building, Room 112. RSVP required.

In celebration of King's legacy, UAH will welcome special guest Bob Zellner. The son and grandson of Ku Klux Klan members, Zellner risked his life – and nearly

lost it – many times in the fight to achieve The Second Emancipation.

As an organizer of The Freedom Rides of 1961 and the first white southerner to serve as field secretary for the Student Nonviolent Coordinating Committee, he worked alongside Martin Luther King, Jr., John Lewis, Rosa Parks and many other civil rights leaders. Famous for battles with the KKK, segregationist lynch mobs,

and violent police, he is now the individual that a new generation turns to with questions on the racial, historical and cultural assumptions on which they were raised, as they ask themselves, "What is my place in this struggle?"

Zellner captivates audiences with the untold stories of the Civil Rights Movement and his dedication to fighting for the rights of others. Drawing on decades

of experience guiding the movement and his ongoing active role, he presents a modern-day message for combating deep-seated racism, discrimination and prejudice and sparking widespread social change.

For more info, call Karessa Acosta Lee at (256) 824-6822 or <https://www.eventbrite.com/e/dr-martin-luther-king-jr-commemoration-program-tickets-85892267083>

The Valley Weekly

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The Valley Weekly

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Washington in One Minute



Here are the happenings in Washington, D.C., for this week:

1. The House is in recess this week and will reconvene as the 2nd Session of the 116th Congress next Tuesday, January 7. The Senate, because of the uncertainty surrounding when it will receive the Articles of Impeachment from the House, did not approve a specific date to start the 2nd Session and, therefore, will reconvene this Friday (January 3) in default to the Constitutional requirement in Sec. 2 of the 20th Amendment.

2. President Trump is spending this week at his Mar-a-Lago resort in Palm Beach, FL. On Friday, he will deliver remarks at an "Evangelicals for Trump" coalition launch in Miami. His most recently scheduled

campaign rally is Thursday, January 9, at 7 p.m. at the Huntington Center in Toledo, Ohio.

3. The Supreme Court is in recess until January 10, 2020.

4. Last Monday (December 23), in response to the release on December 21 of redacted White House emails showing that military aid to Ukraine was suspended 90 minutes after President Trump demanded "a favor" from Ukraine's President Zelensky in a telephone call on July 25, Senate Democratic Leader Chuck Schumer (D-NY) sent a "dear colleague" letter to all Senators explaining why the demands of a fair trial in the Senate should require the release of key unredacted Trump Administration documents, as well as the testimony of key

Administration witnesses.

5. On December 27, George Miller, a Democrat from California who served in Congress for 40 years and served as chairman of the House Committee on Education and Labor from 2007-2011, said in "The Hill" publication that Congress must strengthen oversight of colleges to support today's students. Miller noted that our nation's colleges and universities receive more than \$120 billion annually in federal support so that all deserving students can earn a higher education degree. However, nearly half of all students who start college fail to complete a degree. Even more shocking to Miller is that students who start college but don't finish

are three times as likely to default on their student loans. He believes that colleges receiving substantial support from the federal government need to provide sufficient value to students and families. He hopes that Congress will finally reauthorize the Higher Education Act to increase the accountability of higher education institutions to support our nations students.

6. Latest National Polls: (1) A Politico/Morning Consult poll of 1,387 voters taken on 19-20 December found that by 51% to 42% respondents would approve the Senate removing President Trump from office. It also found that 57% of respondents would be more likely to

vote for a Senator who votes to remove the President, or it would have no effect on their vote versus 36% who would be less likely. The poll has a margin of error of +3%. (2) A HuffPost/YouGov poll of 1,000 voters taken on 20-22 December found that that by 49% to 42% voters support the House's decision to impeach Trump and that by 47% - 42% they would support a decision by the Senate to remove him. The poll has a margin of error of +3.3%.

Happy New Year!

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Dunkin Donuts

Eagles' Nest Ministries

Fellowship Presbyterian Church

First Missionary Baptist Church

Health Unlimited

House of Hope and Restoration

Huntsville Bible College

James Smith AllState Agency

Kroger's - Oakwood Avenue

Lakeside United Methodist Church

Lucky's Supermarket

Marshall England - State Farm Agent

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Nature's Apothecary - Health Food

Nelms Memorial Funeral Home

Oakwood University Post Office

Regency Retirement Village

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Sneed's Cleaners

The Fellowship of Faith Church

Union Chapel Missionary Baptist Church

Woody Anderson Ford

From the Editor

Rosetta James Foundation to Honor Elders in 2020!

We hope each of you enjoyed last week with family and friends. As we enter 2020, our

TEAM is hopeful that each of our readers will have a blessed, healthy and peaceful New Year. What *has been* is in the past; therefore, we must look to tomorrow and beyond. We can learn lessons from the past, but we *can't* change what has already happened.

So, Mother Rosetta James passed away last September, but her legacy lives on in our hearts and in our local community. I have had several people inquire about the Foundation's Honoring Our Elders Celebration. The 14th annual celebration will be held on Saturday, March 14, 2020, at The Jackson Center at 12 noon. As usual, we will be honoring local elders and granting scholarships.

The application for our annual scholarships can be found at http://rosettajamesfoundation.org/Scholarship_Application_RJF.pdf. If you know local high school seniors or college students, please encourage them to apply. We expect to award several scholarships at the Gala in 2020. The generosity of our community is awesome. Donors get to meet personally the students they are supporting. The late Dr. Charles Cannon, AAMU graduate and our supportive friend, endowed a scholarship within the Foundation this year. This commitment was another signal that the Rosetta James Foundation is focused on mission and is on the right track. We appreciate the commitments we have earned from diverse donors over the past 13 years.

Mark your calendar for March 14th and plan to join us for lunch. Ticket information can be requested from Ms. Linda Burruss at (256) 536-9717 between 8 a.m. and noon on weekdays.

As we enter the New Year and the month of January, let's plan to support the Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity's annual Unity Breakfast on Dr. Martin Luther King's holiday. Information about that event is in this edition of TVW (see p. 1). One of the most desperate things we need now is unity, everywhere! This annual breakfast event is Huntsville's premier diversity celebration. We hope to see you there.

Enjoy your family and friends. Until 2020 ...



Dorothy

Six Aids to a Good Night's Sleep

Tossing and turning consumes almost 80% of American adults who've stated they've had trouble falling asleep or staying asleep most nights according to a new Consumer Reports survey.

Sure, an occasional night without sleep makes you feel tired and irritable the next day. However, if it continues, lack of sleep can affect your overall health and make you prone to serious medical conditions, such as obesity, heart disease, high blood pressure, and diabetes.

Having trouble getting to sleep and tired of taking pills for it? Try these 6 natural sleeping aids: from BlackDoctor.org:

1. Passion Flower Tea
2. Lavender Essential Oil
3. CBD
4. Jujube Tea
5. Melatonin-Rich Foods
6. Magnesium-Rich Foods

Huntsville City Council Meetings

Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

City Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m. People can sign up for notices of Council meetings and special sessions online at <https://signup.e2ma.net/signup/1825550/1780821/>

For more information, call (256) 427-5011.



NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.

A Good Read



Joyce Carol Oates' "Ghosts Girls"



by Jerome Saintjones

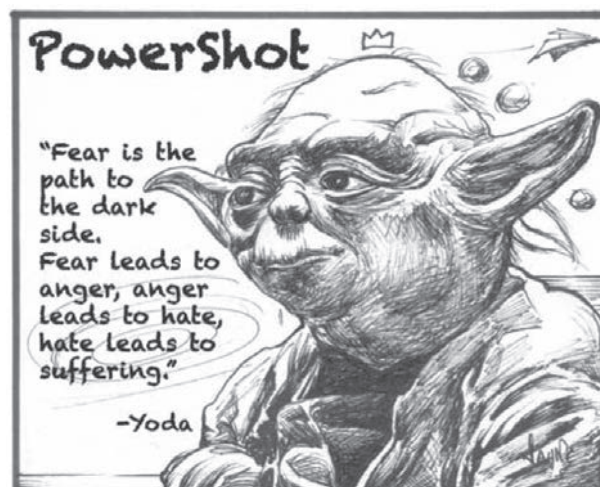
We don't really know why, but a little girl and her mother are being flown to a hunting camp in another town, perhaps for their safety. The rough trip was arranged by the father and carried out by a man who could be one of the father's buddies from the Vietnam war.

Once the two arrive, the girl later tries to rest in an unsettling room, while the mother plays cards and drinks beer into the night with the pilot, his woman friend

and two other male visitors who happen by.

When the tired mother returns to the room to join her daughter, she falls into a deep sleep, but the mosquito-bitten daughter cannot find rest and knows it would be futile to awaken her mother.

She hears the sounds of little girls outside the window, one calling the other. When she brings this up with the pilot and woman on the next morning, the woman seems disturbed but the pilot gets angry and slaps her ...



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Perspectives on EGO-holism

by tim allston

Make New Day's (not "New Year's") Resolutions for 2020

"Give us this DAY our DAILY bread" Matthew 6:11, KJV.

The Pre-Text

Let this popular Bible text become our cure-all for failed New Year's resolutions.

NO! "Happy New Year" is NOT Biblical . . . and Jesus tells us why, and we recite it each week mechanically, at virtually every single divine worship service, . . .

The Sub-Text

When his disciples asked, "Lord, teach us to pray" (Luke 11:1), Jesus answered them with what we now brand as The Lord's Prayer (Matt. 6:9-13).

Verse 11's seven words, "Give us this day our daily bread," Jesus spoke to get them - and now us today - to focus primarily on the immediate, today/this day/our daily bread, the ignorance of which starts most of our failings.

Failing, Falling Out of Con-Text

Perhaps the reason that approximately 77% of us New Year's Resolution makers fail with our January 1st promises is that, contrasted to Jesus' counsel, we devalue today's opportunities and reach instead for tomorrow's long-term wishes. And fail.

As a result, we fall and fail to realize that the greatest gift that God has given to us is today - which is why it's called "the present."

Therefore, let's all begin 2020 with a new resolution but NOT for December 31, 2020, but with a New Day's Resolution starting today, January 3rd.

Begin 2020 with a New Text

"But these things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!" Habakkuk 2:3, TLB

... Or, to say it another way, and in the words of professor Wolfgang Mieder: "Life is hard by the yard, but a cinch by the inch!"

Happy New Day's Resolutions!

Certified Life Coach tim allston is the author of the free book, 7 Steps to Manage Ego Problems: The How-to Guide for "Someone Else," downloadable now at www.GetEgoHelpNow.org.



The Valley Weekly Calendar of Events

January 3

Alabama A&M University
Mid-Year Conference
Wellness Center - 9 a.m.

January 3-5

Comedian Tommy Davidson
Stand Up Live
Huntsville, Ala.

January 18

Martin Luther King Unity
Parade
Sponsored by Delta Theta
Lambda Chapter of Alpha
Phi Alpha Fraternity
Downtown Huntsville

January 19-March 22

"Harlem, Hollywood,
Broadway: African American
Legends" Photo-
graphed by Jack Mitchell
Chan Gallery - Huntsville

Museum of Art

Lecture and Preview Party
(Jan. 17) - Featuring Ala-
bama A&M University Jazz
Ensemble (\$25/\$50)

January 20

Martin Luther King, Jr.
Unity Breakfast
Sponsored by Delta Theta
Lambda Chapter of Alpha
Phi Alpha Fraternity, Inc.
Von Braun Center North
Hall
Downtown Huntsville

January 27

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February 2019

Black History Month
2020 Theme: "African
Americans and the Vote"

March 11


Jill Scott in Concert
Von Braun Center Concert
Hall

March 14

Rosetta James Founda-
tion Honoring Our Elders
Celebration
The Jackson Center - 12
Noon
\$50 - (256) 536-9717

March 27

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Champion Game Plan for Life *by Preston Brown*

In Matthew 17:20,
Jesus replied: "Because
you have so little faith.
Truly I tell you, if you
have faith as small as a
mustard seed, nothing
will be impossible for
you."

You know, if you've
ever had to fly on a small
plane, there is a lot that
can happen as it pertains
to weather.

But if you fly on a
big plane, no matter the
weather, it can fly above
most storms. And, the
same can be said about
your faith. Because if
your faith is attached to a
big God, no matter
what your storms are in
life you can rise above it.

You can rise above

racism. You can rise above
hatred and violence. God
is saying to all of us,
"Face Everything And Rise
Up".



You see, the only way to
move forward in our lives
is to look at our future
from God's perspective.

Our faith gives us the
ability to say, "Whatever
is next, I'm ready." So, it's
time to take fear off the
throne of your life and

replace it
with a God
that makes
all things
possible.

... Stay
encouraged
my brothers
and sisters.

Make sure
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Valley Deaths

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Funeral service for MR. WILLIAM HENRY JOHNSON (b. 1955) was held Sunday, December 29, at Douglas Tabernacle Primitive Baptist Church with Minister Richmond Malone officiating.

A memorial service for MS. PATRENA LOUISE SCRUGGS (b. 1969) was held Saturday, December 28, at Meridianville Primitive Baptist Church. Arrangements in conjunction with Berryhill Funeral Home.

Funeral service for MR. DEANDRE LOVE (b. 1990) was held Saturday, December 28, 2019 at the Nelms Memorial Funeral Home Chapel with Elder Johnny L. Burrell officiating.

Funeral service for MR. HENRY LEE PRUITT (b. 1960) was held Friday, December 27, at Saint Mark Baptist Church with The Reverend Cornell Martin officiating.

ROYAL FUNERAL HOME - 4315 Oakwood Avenue - Huntsville, AL 35810 - (256) 534-8481

Funeral service for MR. SAMUEL HARRISON PEOPLES, SR., (b. 1940) was held Monday, December 30, at Saint John African Methodist Episcopal Church (229 Church Street NW, Huntsville, Ala.) with Pastor Maurice Wright officiating.

Funeral service for MRS. ANNIE MAE BALLARD WILFORK (b. 1927) was held Sunday, December 29, at Saint Bartley Primitive Baptist Church (3020 Belafonte Avenue Huntsville, Ala.).

Funeral service for MRS. MARY KATHERINE TONEY LOWERY (b. 1964) was held Saturday, December 28, the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, AL 35810) with Minister Jessie M. Bly officiating.

Funeral service for BROTHER FREEMAN MALONE, JR., (b. 1940) was held Saturday, December 28, at Athens Elementary School Auditorium (601 South Clinton Street, Athens, Ala.) with Brother Marcus Watkins officiating and Brother Warren Blakney, Sr. eulogist.

Funeral service for MR. MELVIN TOONEY (b. 1941) was held Friday, December 27, at Little Indian Creek Primitive Baptist Church (884 Indian Creek Road NW, Huntsville, Ala.) with Pastor Jerry L. Crutcher officiating.

SERENITY FUNERAL HOME - 2505 University Drive NW - Huntsville, AL 35816 - (256) 539-9693

Memorial service for MR. ANDRE JOHNSON was held Monday, December 30, at Oakwood University Church, 5500 Adventist Blvd., Huntsville, Ala.

Solace

by Carey Link

I find comfort
in the wings of our
joined hands,
swaddled by a colorful
pageantry—

in a labyrinth that
cloisters earth and sky
my head arched in the
V of your neck
gold shadows turn
ripples gossamer

reading a poem until
the last syllable
dissolves off my tongue
my senses, bringing the
word back to me, float-
ing like water

seeking ancestry in
veins and tributaries
an after twilight swim
through watercolor
prisms cradled by a
silver solstice
and a polyphony of
crickets circling dry
in damp summer

bathing I warm red clay
creek bottoms

listening to stories be-
neath evergreen shade
as I stroke the round
of my dog's back. He
always comes
without my asking.

I wrote this poem to
remind myself of some
things that bring me
comfort.

*This piece has aired on WLRH
Sundial Writers Corner, ap-
peared in my poetry collection,
Awakening to Holes in the
Arc of Sun
(Mule on
a Ferris
Wheel) and
the Hunts-
ville Literary
Association's
Poet's Choice
chapbook.*



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Called 2 Preach

by Pastor/Founder Michael D. Rice
Grace Gethsemane Mission Church

Trusting God's 'I AM-ness'

Exodus 3:13-14

This is a matter of trusting God to be in our "now" situations what we've never seen Him be. The mysteries of the moment are used by God to reveal Himself in a way that becomes both memorable and a memorial. The blessed discovery is that He has been that

all the time; even before revealing Himself as the Manifestation of the answer to a present need.

That is what I AM means; God being Himself in the moment and timing the revelation in a way that leaves not just an impression, but also a revelation that has eternal implications.

Moses learned not just an audible label for God but the awesome legitimacy of God in any circumstance. Trusting God's I AM-ness is one's faith developing the tentacles that reach out to God in any and every situation and trust Him to be what His providence and purpose dictates in the present moment. His Omnipresence means that He never gets lost or loses the location of His servants. His Omniscience guarantees that there will never be any suffocating surprises that will snuff out the life and legitimacy

of any assignment given to His servants; and His Omnipotence will never be diminished or demolished by any human authority. In all circumstances, God is always acting in the reality of what He has always been. Learning to trust can only happen in the context of a real-time experience where God shows up and presently proves Himself.



"Our lives sometimes depend on computers performing as predicted."
- Philip Emeagwali

Spotlight on Our Elders ... Featuring

Mrs. Laura B. Ford Clift

Mrs. Laura B. Ford Clift is the eldest of five children born to the union of Charlie Ed Ford and Ida B. Brags. Born in Huntsville, Ala., "Laura B," as she is so affectionately known by her family, attended Councill Training High School and graduated from William Hooper Council High School in Huntsville. It was at William Hooper Councill High School that she met Gene Arnold Clift. Both graduated the same year and later enrolled at Alabama A&M College (now AAMU), and then married on July 16, 1958.

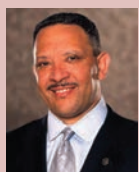
Clift received the Bachelor of Science degree in biology and a minor in mathematics in spring 1964. She later pursued and completed requirements for the Master of Science degree in guidance

and counseling and psychology, as well as K-12 certification in administration from AAMU.

Mrs. Clift began her profession as a fourth-grade teacher at Councill Training School (1964-66). She later transferred to a different position in the Madison County School System at Farmer's Capital Junior High in Meridianville, Ala., where she taught science and math for 11 years. In 1975, Mrs. Clift transitioned to the Huntsville City School System and accepted her first assignment as guidance counselor at Davis Hills Middle School in Huntsville, Alabama. She became the first African-American female counselor at this location following desegregation. After 15 years, she became the first African-



American guidance counselor at Huntsville High School. Following four years there, she moved to the Annie C. Merts Center, the Huntsville City Schools Administrative Office, as the system's drug education coordinator. She retired in 2004.



JANUARY 3 - MARC MORIAL - Marc Haydel Morial is an American political and civic leader and the current president of the National Urban League. Morial also served as mayor of New Orleans, from 1994 to 2002. - **BlackinTime.info**

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ASALH Announces 2020 Theme for Black History Month



The year 2020 marks the centennial of the Nineteenth Amendment and the culmination of the women's suffrage movement.

The year 2020 also marks the sesquicentennial of the Fifteenth Amendment (1870) and the right of black men to the ballot after the Civil War.

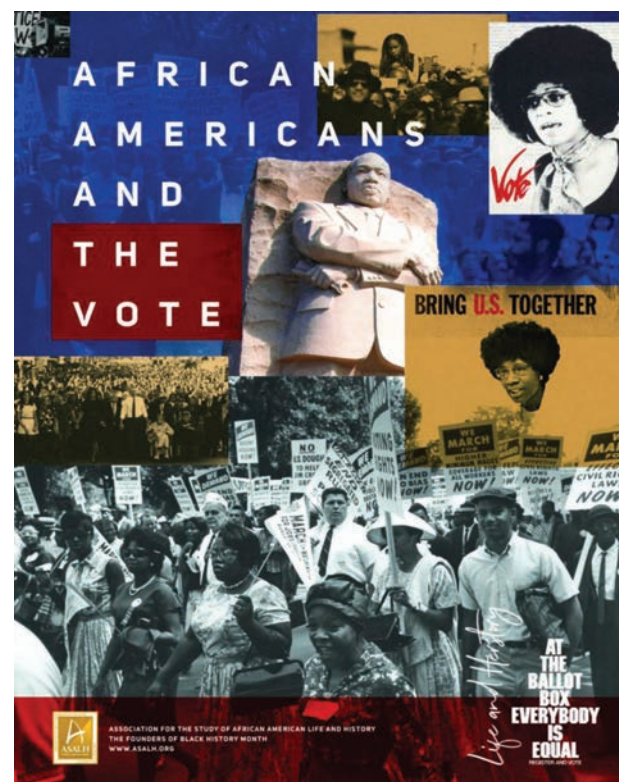
The theme speaks, therefore, to the ongoing struggle on the part of both black men and black women for the right to vote.

This theme has a rich and long history, which begins at the turn of the nineteenth century, i.e., in the era of the Early Republic, with the states' passage of laws that democratized the vote for white men while disfranchising free black men.

Thus, even before the Civil War, black men petitioned their legislatures and the US Congress, seeking to be recognized as voters. Tensions between abolitionists and women's suffragists first surfaced in the aftermath of the Civil War, while black disfranchisement laws in the late nineteenth and early twentieth centuries undermined

the guarantees in the Fourteenth and Fifteenth Amendments for the great majority of southern blacks until the Voting Rights Act of 1965.

The important contribution of black suffragists occurred not only within the larger women's movement, but within the larger



black voting rights movement.

Through voting-rights campaigns and legal suits from the turn of the twentieth century to the mid-1960s, African Americans made their voices heard as to the importance of the vote.

Indeed, the fight for black voting rights continues in the courts today. The theme of the vote should also include the rise of black elected and appointed officials at the local and national levels, campaigns for equal rights legislation, as well as the role of blacks in traditional and alternative political parties.

- asalh.org

Use Year-End Bonus (or Gift) Wisely

If you're getting a year-end bonus from your employer, or possibly a substantial cash gift for the holidays, how can you best use the money?

For starters, you could use it to pay down some debts. The lower your debt load, the more you'll have to invest for your future.

Also, you could start an emergency fund, with the money kept in a low-risk, liquid account. With such a fund in place, you can avoid dipping into long-term investments to pay for unexpected costs, such as a major car repair.

Here's another suggestion: Use your bonus or monetary gift to help fund your IRA for the 2019 tax year.

Or, you could use the money to help fund a college savings account, such as a 529 plan, for your children or grandchildren. A 529 plan offers possible tax benefits and allows you to control the money until it's used.

To achieve all your financial goals, you'll need to take advantage of your opportunities – and your year-end bonus or monetary gift can certainly be one of them.

Lillian Henderson

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