

All about the "Dung" in Your Life, p. 7

Friday

January 24, 2020

Vol. 6, No. 20

ValleyWeeklyllc.com

Deltas Sway, p. 3

"I wish you power that equals your intelligence and your strength. I wish you success that equals your talent and determination. And I wish you faith." - Betty Shabazz



ADC: Eddie Sherrod Annual Membership Breakfast Feb. 1

The Madison County Unit of The Alabama Democratic Conference will host its Eddie Sherrod Annual Membership Breakfast Saturday, February 1, at the Earnest Knight Reception Center on the campus of Alabama A&M University at 8 a.m.

The theme for this year's event is "A Clear Focus: The 2020 Vision for Equality." All democratic candidates will be invited to address this event. The scheduled speaker is Dr. Joe L. Reed, State Chairman of ADC.

Tickets are \$45 a person, including a full Southern breakfast and an ADC membership for one year. Platinum Reserved tables

with seating for eight (8) are \$1,500; Gold \$1,000; and Silver \$500.

ADC encourages all members, former members, friends, organizations elective officials and candidates for public office to attend.

Tickets and reserved tables may be purchased from Eddie C. Sherrod at (256) 508-1782 or (256) 812-3333; Eva Smith at (256) 859-6512; or any ADC member. Requests by mail will receive a prompt reply.

Regular membership is \$30. Make all checks payable to "ADC" and mail to Eddie C. Sherrod, 8 Hadley Hill Lane SE, Gurley, AL 35748.

DLC Accepting Applications

The Tennessee Valley Diversity Leadership Colloquium (DLC) will execute two (2), eight-week colloquia in 2020.

The sessions will be held on Tuesday evenings from 6-9 p.m. Attendance is required at a minimum of six (6) of the eight (8) sessions in order to graduate.

Offices are located at 415-A Church Street in Downtown Huntsville.

Tuition for the session is \$795/person. Applications are being accepted until February 15, 2020. For Cohort XIII. 2020 Colloquium Dates: SPRING 2020 (COHORT XIII) March 3-April 21, 2020.

MCDW Schedules Black History Month Luncheon

The next luncheon of Madison County Democratic Women will be held on Thursday, February 6, at 11:30 a.m. at the Huntsville Country Club, 2601 Oakwood Avenue.

The meeting's featured Black History Month speaker is David Person, owner of DavidPersonMedia, LLC.

Since 1986, he has been working as a broadcaster, journalist, documentary director, and media consultant based in Alabama. His work has been featured nationally on NPR and USA TODAY, and locally in The Huntsville Times, WJOU-FM, WEUP-AM/FM and WHNT-TV.

David is a proud alumnus of Oakwood University and has one adult son.



Coalition Focuses on Home Ownership

National Coalition of 100 Black Women, Inc. Greater Huntsville Area Chapter, in partnership with HOPE Credit Union of Montgomery, Ala., will present "Let's Buy a Home!" Saturday, January 25, from 9:30-11:30 a.m.

The free event will be held at the Huntsville Public Library Auditorium, 915 Monroe Street.

Among the key topics are:
- Importance of Homeownership
- The Home-Buying Process
- How to Get Prepared to Purchase a Home

According to Rent Café.com, the average rent for an apartment in Huntsville, Ala., is \$853, a 7 percent increase since 2018.

Therefore, purchasing one's own home may save

money.

Join the conversation with the National Coalition of 100 Black Women on Saturday at the main branch of the Huntsville Public Library.

For more information contact Laurie McCaulley at (256) 603-8849.

Physician, Former Commissioner Receive MLK Unity Awards

Longtime local physician/politician R. Parker Griffith, Jr., (left) and former Madison County Commissioner Prince Preyer, Jr., (r) were recipients of the 2020 Martin Luther King, Jr. Unity Awards by the Delta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc.

The awards to Dr. Griffith and Dr.

Preyer were presented at the annual Unity Breakfast on Jan. 20 at the Von Braun Center.



The Valley Weekly
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35th Annual Martin Luther King, Jr. Unity Breakfast

Delta Theta Lambda Education Foundation & Delta Theta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc.
Monday, January 20, 2020 - Von Braun Center North Hall - Huntsville, Ala.

Photos by Jerome Saintjones



Where to Find Your FREE Copies of The Valley Weekly

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Briar Fork CP Church

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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

Jeff's Barber Shop

Kim's

Kroger's - Oakwood Avenue

Lakeside United Methodist Church

Lucky's Supermarket

Marshall England - State Farm Agent

Martinson & Beason, PC

Nature's Apothecary - Health Food

Nelms Memorial Funeral Home

Oakwood University Post Office

Oakwood University SDA Church (OUCSDA)

Oakwood University Eva B. Dykes Library

OUCSDA Family Life Center

Regency Retirement Village

Rocket City Barber Shop

Sav-A-Lot

Sneed's Cleaners

The Fellowship of Faith Church

Union Chapel Missionary Baptist Church

Woody Anderson Ford

Engineer Gives in to Power of Music

by Jerome Saintjones

Sometimes, following one's passion can lead to the opening of all sorts of new doors.

That's an important lesson Ryan Felton learned as he made some important and strategic transitions from his formal collegiate experience. He thoroughly enjoyed "the A&M years," and while on The Hill he built a sizeable network comprised of friends and A&M staffers.

The native of East St. Louis, Ill., earned his electrical engineering degree from Alabama A&M University in Huntsville, Ala., in 2010. But although he was well prepared for his professional role as an engineer, he could not resist his even deeper passion for music. He was so overwhelmed by the beat of his drums and the call from rhythm and blues that, by July 2019, he made up in his mind to transition completely to fulfill his musical dreams.

Prior to the epiphany, however, Felton had fueled his musical pas-

sions through performances at Panoply and the Lumberyard. He played and toured with A&M's Gospel

Choir and even served as a member of a "Women in Music" panel, which led to his being invited as a panelist at the University of Alabama in Tuscaloosa, where he provided insight into what artists should expect in pursuit of their passions.

As founder and CEO of R&B Vibes Live, launched in 2017, Felton has set out to provide a needed platform upon which budding artists can showcase their talent. Emboldened by his love for live music, Felton's operation has assembled a team of a dozen individuals, expanding his artistic reach among capable artists, photographers, entrepreneurs, and exciting new venues.

Indeed, 2019 was a very good

year. First, he started out the year at his new location in Envy Entertainment and Restaurant. In March, a

new, "Soulful Sunday," was added at Sidetracks Music Hall, with 10-plus shows for the year. His team performed a mini R&B Vibes Live Show on Jubilee Stage for Panoply 2019. By May, another show, "Camp Fire," was added at The Camp in Mid City.

Still on the musical move in June, Felton and company collaborated with The Little Black Dress for a Father's Day event called "Dads N Jazz." Later that month, they worked with My Journey Solutions on a health and music-themed project, "Healthy Vibes."



Local Deltas Plan 'Sip, Shop and Sway'

The Huntsville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., is excited to host its annual Sip, Shop, and Sway Delta Marketplace Fundraiser on Saturday, February 1, at the National Speleological Society Center, located at 6001 Pulaski Pike NW, Huntsville, Ala., from 10 a.m.-2 p.m.

Two food trucks and three marketplace café vendors will be among the 40 vendors retailing a variation of apparel, jewelry, accessories, foods, and much more!

There will be door prizes from vendors, as well as complimentary water, tea and cider for patrons.

Sip, Shop and Sway will feature Jody Jones of WJOU 90.1 Radio. Kimmi Grant Scott of "Love & Marriage Huntsville" reality television show will host

the marketplace fashion show from 12-1 p.m.

Admission is \$10. Children under the age of 12 will be admitted free of charge. Proceeds from the fundraiser will support local scholarships.

For further information, contact Kelli Curry at kkcurry@bellsouth.net. The chapter strives to provide quality programs to educate our youth, steer economic development within our community and be at the forefront of social action. Ovetta Hobson currently serves as President.

To learn more about Huntsville Alumnae Chapter, visit the chapter's website at <http://www.dsthuntsville.org> or contact Ovetta Hobson at president@dsthuntsville.org or icc@dsthuntsville.org

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Perspectives on EGO-holism

by tim allison

Responses from the Diabetes "Village" People

"Where there is no counsel, the people fall; But in the multitude of counselors there is safety" Proverbs 11:14, NKJV

Thanks so much for your prompt, affirming feedback to last week's column "... with a little help from my friends": Fighting Diabetes (Part 2 of 2), <http://valleyweeklyllc.com/ValleyWeekly01172020V6N19.pdf>.

In that column, I shared with you diabetes recovering advice from "counselors" - i.e., healthcare professionals and diabetes observers; then, I asked you readers to share your counsel with me/us. Here are some of your responses:

Sibyl K

Be obedient. Thank you for sharing your story. Short. Sweet. Succinct. Easy to digest. Very important info that has been personalized. So, this piece really grabbed me. I love the way you tied this revelation to ego-holism. As I would not on my own have made this connection. Bravo, T!

Wanda M

"Whistle while you work". So claim God's promises while you work out, walk, eat to live (John 10:10, Psalm 118:17, Psalm 7:26). You can stand on God's promises ... because He backs His promises. Remember: drink 1/2 your body weight in ounces of water daily. Stay away from those fruit juices. Diabetes is reversible.

Esperanza D

My oldest high school teacher is 94, and she adheres to each category you mentioned (diet, exercise, rest, stress): Her stress is minuscule to nil, ... attributed to the following: 1) studying the Bible daily; 2) listening to her elders; 3) minding her business; 4) intentionally assuming a positive attitude; 5) learning to overlook/deal with the vicissitudes of life; 6) doing the best that she can; 7) sharing with others, often anonymously; 8) realizing that, indeed, things "come--to pass." You're on the right track and you're going to do just fine.

Luetilla C

You have the right idea! Follow doctor's orders!

Dave G

When I had my diabetes education class when first diagnosed, the instructor said, "Welcome to the world of label readers," as you start reading the nutritional value of foods you buy.

Again, Q: What's your counsel for this rookie diabetic?

Reach me at tim@GetEgoHelpNow.org.

... And, thanks in advance.

Redstone's 'Letters to Santa' Effort a Plus for Boys and Girls Clubs

Christmas celebrations continued at Redstone Federal Credit Union* this week when the organization presented checks for \$9,000 to two children's charities as part of its Letters to Santa campaign.

Each December, Redstone asks area communities to help brighten the lives of children and families by sending a letter to Santa. For every letter dropped in a special Redstone mailbox or emailed to Santa from Redstone's website, the Credit Union donates \$1 to local charities. December's campaign collected more letters than any of the previous three years.

The Boys and Girls Clubs of North Alabama and the Boys and Girls Clubs of Rutherford County Tennessee will each receive \$9,000.

"We look forward to our Letters to Santa campaign each year," said Joe Newberry, Redstone's President and CEO. "Our communities, our employees and especially the children have embraced it and each year it gets bigger and better," Newberry said.

Patrick Wynn, Boys and Girls Clubs of North Alabama President and CEO, said Redstone's support makes a difference all year.

"Every child deserves to have moments of joy in their life. Redstone's Letters To Santa campaign not only helped put a smile on some of our kids' faces this Christmas, it also helped provide the funds needed to keep those moments



alive throughout the year at Boys and Girls Clubs across North Alabama."

With more than \$5.4 billion in assets, Redstone Federal Credit Union is the largest member-owned financial institution in Alabama and one of the largest

federal credit unions in the nation by assets. Based in Huntsville, Alabama, Redstone Federal Credit Union serves more than 486,000 members.

Caption (Above): Patrick Wynn, President/CEO Boys and Girls Clubs of

North Alabama, left, and Liz Clemons, director of the James A. Lane Club, accept a donation from Redstone's President/CEO Joe Newberry, as part of Redstone's Letter to Santa campaign.

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The Valley Weekly Calendar of Events

Thru March 22

"Harlem, Hollywood, Broadway: African American Legends" Photographed by Jack Mitchell Chan Gallery - Huntsville Museum of Art
Lecture and Preview Party (Jan. 17) - Featuring Alabama 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

January 27

Osher Lifelong Learning Institute (OLLI) at UAH (A Learning Community

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February 2019

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

February 1

Eddie Sherrod Annual Membership Breakfast
Guest Speaker: Dr. Joe L. Reed, State Chairman of Alabama Democratic Conference
Ernest L. Knight Reception Center
Alabama A&M University
Tickets - \$45 (Eva Smith, 256-859-6512)

8 a.m.

Black History Month Luncheon
Madison County Democratic Women
Guest Speaker: David Person
Huntsville Country Club
Oakwood Avenue
Huntsville, Ala.
11:30 a.m.

March 11

Jill Scott in Concert
Von Braun Center Concert Hall

March 14

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



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Champion Game Plan for Life *by Preston Brown*

Is God First?

Matthew 6:33 says, *But seek first his kingdom and his righteousness, and all these things will be given to you, as well.*

One of the things we need to realize is that God demands to be first in our lives. And, when we put Him first, it establishes His importance in our lives.

If God is not Lord of all, then He is not Lord at all, when it comes to our lives. For example, if your job and your money is first in your life, then your job and your money is Lord of your life.

Now, "Lord" is translated as Adonai, which

is equivalent to ruler or master. So, if these things are ruling over your lives, then you have entered a dangerous place that is not



God's will for your life. Anytime our will becomes greater than God's will for our lives, it will only end in separation from God. That's why it is important that we seek Him first, so things don't get out of

hand.

The definition of being first is "preceding all others in time and in order of importance."

That's why God demands to be first, because He has blessed us so much. Always remember that when we have total obedience it will produce total reward.

Also, whatever we decide to seek first will always determine the quality of our lives.

Matthew 6:21 reminds us that "where your treasure is there your heart will be also." So, those that place God first also have a heart that wants to please Him ... Stay encouraged, my brothers and sisters!

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Valley Deaths

NELMS MEMORIAL FUNERAL HOME - 2501 Carmichael Avenue NW - Huntsville, AL 35816 - (256) 539-8189

Memorial service for *MRS. MILDRED NEMBARD* (b. 1929) was held Tuesday, January 21, at Nelms Memorial Funeral Home Chapel with Pastor Robert Lester officiating.

Funeral service for *MRS. GEORGIA FLETCHER DANIEL* (b. 1944) of Detroit, Mich., was held Thursday, January 16, at Nelms Memorial Funeral Home Chapel with The Reverend Herbert Cartwright, Jr., officiating.



Funeral service for *MR. VERDERY ROBERSON* (b. 1927) was held Saturday, January 18, at Center Grove United Methodist Church with The Reverend Donald Smith officiating.

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

Funeral service for *MRS. RUBY MAE JONES* (b. 1931) will be held Saturday, January 25, at Syler Tabernacle, 904 Oakwood Avenue NW, Huntsville, Ala., at 1 p.m.

Funeral service for *MRS. IRENE KIBBLE SLEDGE* (B. 1938) was held Sunday, January 19, at the Royal Chapel of Memories with Elder Al Holden officiating.

Funeral service for *MRS. JACQUELYN OUTLAW IFILL* (b. 1944) was held Saturday, January 18, at Lakeside United Methodist Church (3738 Meridain Street, Huntsville, Ala.) with Dr. Tomasi Muhomba officiating.



Memorial service for *MRS. ALBERTA JEFFERSON* (b. 1952) was held January 18 at Saint John African Methodist Episcopal Church, with Pastor Maurice Wright officiating.

Funeral service for *MRS. MATTIE MAE FORD* (b. 1927) was held Saturday, January 18, Fellowship Presbyterian Church, 3406 Meridian Street, Huntsville, Ala., with Reverend Gregory Jerome Bentley officiating.

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

Graveside service for *BABY SAKANI TREMAIN HYTER* was held January 22 at St. Ruth Cemetery, Hazel Green, Ala., with Pastor Daniel J. Richardson officiating.

Funeral service for *MS. ROSIE L. DAVIS* (b. 1940) was held Saturday, January 18, at Serenity Funeral Home Chapel, with Elder Derrick Langford officiating.



Funeral service for *MOTHER JOHNNIE MAE BOOTH* (b. 1933) was held Saturday, January 18, at New Jerusalem Missionary Baptist Church, Harvest, Ala., with Pastor Ricky L. Sykes officiating.

A Good Read



by Jerome Saintjones



Angela Patrinos' "Sculpture I"

This story originally appeared in *The New Yorker* before becoming part of the "Best American Short Stories (1996)" series edited by John Edgar Wideman and Katrina Kenison. The main character is a young woman whose life is in dire need of structure and purpose, as her search from one dead-end job to another leads her to an art class that pays her to model in the nude.

One of the students, an older, take-the-moment, married Indian student shows his interest in her. Although he is not her type, she is drawn in by his attention to her and later decides she is willing to go all the way. Only, on the big day, his over ambition and sleep deprivation gets the best of him, and he falls asleep on her in his apartment. Hurt, yet relieved, she quietly lets herself out.

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"While I've said that there are plenty of things I dislike about the South, I can be clear that there are things I love about the South."

- Jesmyn Ward

Called 2 Preach

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

The Dung in Your Life

When I was growing up at 715 Legion Drive in Monroeville, Ala., my mother had what she called a compose heap. In this heap she kept the leaves that my brother and I raked up and placed there to serve, when they decomposed, as fertilizer for flowers that she grew in her garden.

Another thing that she



used as fertilizer was "cow chips" that were given to

her by friends who owned cattle. This "dung" was used to enhance the growth of those flowers. What a wide contrast in the "scent" of the flowers and the fertilizer. The former had a sweet-smelling savor; the latter a staggering stench that was anything but

pleasant.

In a teaching moment

with His disciples, Jesus used a parable about a fruitless fig tree to teach about the expectation of fruit bearing. Jesus noted that the owner of the vineyard was going to cut down the fig tree because it was not bearing figs. The vinedresser requested that he be given a year to dig about it and dung it. The suggestion was that if there was no fruit after that

process, cut it down.

This parable may well give us another view of the dung in our lives. Could it be that the trials and tribulations and those things that we would label as dung, is evidence of the work of the Divine Vinedresser working to dig about and dung us so that we can bear fruit?



Spotlight on Our Elders ... Featuring

Lt. Gen. (Ret.) James Link

Lt. Gen. (Ret.) James M. Link, former president of Teledyne Brown Engineering, amassed considerable experience in technology and systems modernization gained during a long and distinguished military career. Prior to the post at Teledyne, Lt. Gen. Link also served as senior vice president at SAIC, also in Huntsville, Alabama.

Lt. Gen. Link held several command and staff positions while on active duty. He served as Deputy Commanding General, U.S. Army Materiel Command from 1998-2000. He also served as Chief of Staff prior to that. From 1994-97, he has served as Commander of the U.S. Army Missile Command at Redstone Arsenal, Alabama

(now Aviation and Missile Command). He was Deputy Commander, 21st Theater Army Area Command, U.S. Army Europe and Seventh Army from 1993-94. Moreover, Lt. Gen. Link has held various logistical, training and staff assignments, including command positions during Operations Desert Shield and Desert Storm. In Vietnam, he served as a company Commander in the 173rd Airborne Brigade.

Lt. Gen. Link earned his undergraduate degree at Methodist College, and he completed graduate study at the University of North Carolina at Chapel Hill. He has a master's degree in business administration from the University of Tennessee, and he attended the Harvard



University JFK School of Government in 1995. He received military education from the Army Command and General Staff College and the Industrial College of the Armed Forces.

He has been married and has traveled the world with Judy, his wife of more than 40 years. They have one daughter, Carey Anne.

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JANUARY 24 - AARON NEVILLE - A R&B legend and multiple gammy-winning singer, Aaron Neville is best known for his number one hit "Tell It Like It Is." He was born on this day in New Orleans, La.

- BlackinTime.info

Tips to Manage High-Deductible Health Plan Costs

(BPT) - It's the same issue every year: Jan. 1 arrives and you need to meet an annual deductible again before your health care coverage takes full effect. For people with high-deductible plans, this can be a big expense at the start of the year.

High-deductible plans are increasing in popularity as a way to curb rising health care premiums. Typically, people are offered a plan at a lower monthly cost in exchange for a higher deductible. The IRS defines a high-deductible health plan as any plan with a deductible of at least \$1,400 for an individual or \$2,800 for a family. For

many people, their deductibles are even higher.

Whether you have a traditional plan or a high-deductible plan, out-of-pocket costs often hit people the hardest at the start of the year when coverage is minimal due to reset deductibles. Unmet deductibles typically mean you pay for the full cost of prescriptions, clinic visits, treatments and more.

Fortunately, there are a few simple ways to manage the influx of health care

costs at the start of the year so you can save money and stay healthy:

plan ahead and budget for expected costs. If you or your family members see a

Inside Rx

If you need a prescription but currently have to pay out-of-pocket costs until meeting your deductible, consider using a free Inside Rx card to access medication savings. Inside Rx helps people who need to pay out of pocket for their medication by offering discounts that average 70% on brand and

generic medications.

Download the free Inside Rx card at insiderx.com. Remember, not all pharmacies charge the same price for medications. While on the website, use the cost-comparison tool to learn which local pharmacy offers the best price for your prescription so you can save the most.

Use in-network providers

Every plan is unique in which providers it considers in network and out of

network. In-network providers are typically covered at a higher amount by the health care plan, which means you will be charged less for services.

Before visiting a doctor or clinic, call your insurance provider and verify that it's in network so you aren't surprised by a bill that's higher than expected. If your provider isn't in network, you can ask about comparable providers who are, so you can access savings.

Payment plans

If you do end up with medical expenses and can't pay the balance all at once, call the clinic's billing office to work out a payment plan.

Many health care organizations want to be proactive about finding a reasonable way for you to pay, even if that means specified monthly payments until you're caught up.

Health care costs at the start of the year can be financially crippling, but with a few smart steps, you can manage these expenses with ease while keeping yourself and your family healthy.



Budget

Health care deductibles reset annually, so

health care provider regularly, you can anticipate these expenses and create a budget.

If you have access to pretax savings plans through an employer, such as a health care savings account, opt in to save by paying with untaxed dollars. Additionally, consider setting some money aside for a rainy-day medical fund. There are always unexpected expenses and having this cushion can help curb costs.



*Come Discover
the Magic on
the Mountain!*

No matter what time of year you explore Burritt on the Mountain, there is something delightful and new to see. And no matter how young – or old – you are, there is something for you on the Mountain! If you've never visited, you're in for a treat. If it's been awhile, what are you waiting for? Come on up and let the Magic begin!

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