

# COVID-19, A&M Graduation & Me, p. 8

FREE



## Pastor Rice: 'Who Orders Your Steps?' p. 7

*"The Game Plan," p. 5*

*"Natural forces within us are the true healers of disease."*

- Hippocrates

# The Valley Weekly

Friday

April 10, 2020

Vol. 6, No. 31

ValleyWeeklyllc.com



## HPD Enforces Closure Order at Local Businesses

In an effort to limit public gathering because of the worldwide COVID-19 pandemic, the Huntsville Police Department last week forced closure of some businesses. The stores were violating an Alabama health order to close

to the public.

Governor Kay Ivey ordered all non-essential businesses to close on Saturday, March 28. However, according to HPD, buildings may be closed to the public while businesses continue to operate through online orders, curbside service for purchases and deliveries.

Several businesses, especially close contact operations like hair salons, barber shops and massage places, can't work their way around the order.

As long as a nonessential business is closed to the public in keeping with the order, then it can still allow employees to work, providing they can do so at six feet a part.

"If a group of people that go to work every single day and don't have the virus, and they work in the same place and the building is locked, that's where the Alabama Department of Public Health is saying the risk is very, very minimal. That's why they allow 10 or more people, if there are no customers in the building," Lt. Michael Johnson said to a local television station.

Persons who witness violations of social distancing guidelines (six feet of space between individuals) can now report it to the Huntsville Police Department at (256) 722-7100. HPD asks for patience during the investigation period.

## DHS Defines Travel Under Shelter-in-Place

As states neighboring Alabama issue shelter-in-place orders to help reduce the spread of COVID-19, some Alabama residents may have questions about how these directives affect their travel required for work, especially travel related to food and agriculture activities.

Under shelter-in-place orders, individuals are generally allowed to travel to conduct

essential services, such as obtaining food and supplies, seeking medical attention, and continuing to travel for work related to critical infrastructure. While each state defines what activities are allowable under the order, the US Department of Homeland Security has released an advisory providing guidance regarding what work may be considered related to critical

infrastructure.

At this time, individuals providing these essential services either in Alabama or in surrounding states can still travel under the shelter-in-place orders. Essential critical infrastructure workers as described by DHS can be found at <https://www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce>. - [aces.edu](https://aces.edu)

## Why Census 2020 Is So Important

For the next 10 years, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.

The 2020 count will impact local redistricting for City Council and School Board

elected offices in addition to the number of seats representing the State of Alabama in the U.S. Congress.

The data will determine where more than \$675 billion in federal dollars is allocated across the U.S. per year. An accurate count is essential for Huntsville as Census data is used for public safety and emergency preparedness.

The data also helps deter-

mine where to build local schools, libraries, police and fire stations.

The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP.

## Valley Mourns Death of Longtime Educator



The Tennessee Valley is mourning the loss of yet another major local figure in the recent death of Mrs. Martha Brock Crews. Arrangements pending. The Spelman College graduate not only taught French at historic Alabama A&M University for several years, but she was also the devoted wife of legendary football coach Louis Crews.

# The Valley Weekly

## INSIDE THIS ISSUE!

Washington in a Minute, Page 2

PowerShot ... Oprah Winfrey, Page 2

Perspectives on EGO-holism, Page 4

A Good Read, Page 5

Tribute Overdue: Spotlight on Our Elders, Page 7

A Student's Perspective, Page 8

# Washington in One Minute



Here are the top issues and events in Washington, D.C., this week (April 6):

1. The House and Senate are in recess through at least April 20 (they were already scheduled to be in recess April 6-17).

2. President Trump announced on Saturday that he was deploying 1,000 additional military personnel to New York City to aid its coronavirus outbreak response. On Friday, the Department of Defense announced that it was altering its previous restrictions and would allow "convalescent" and "low-acuity" COVID-19 patients at the 2,500-bed Javits Federal Medical Station (FMS) in New York City, the Morial FMS in New Orleans, and the Kay Bailey Hutchinson FMS in Dallas. It also will allow patients without a negative COVID-19 test to be admitted to the 1,080-bed USNS Comfort docked at Pier 90 in New York, but each patient will still be screened by temperature and a short questionnaire pier-side.

3. House Speaker Nancy Pelosi (D-CA) last Thursday announced the creation of a special House select committee charged with overseeing the multi-trillion dollar federal response to the Coronavirus pandemic. Pelosi tapped House Democratic Whip Rep. Jim Clyburn (D-SC), the 3rd-ranking House Democrat, to lead the bipartisan panel, which will have subpoena power and will be authorized to examine all aspects of the

federal response to the Coronavirus, targeting waste, fraud, price-gauging, profiteering and political favoritism.

4. On Saturday, House Speaker Pelosi sent a letter to all House Members telling them that the House would be writing a bill to bring to the floor this month to continue and expand the relief from the recently-enacted CARES Act, which she is calling "CARES 2," which would include funds

pushing earlier in the week. Reportedly, the House bill may also retroactively repeal the \$10,000 SALT cap for 2018 and 2019, create emergency worker regulations for first responders, expand paid family and medical leave, provide a 15% increase in Supplemental Nutrition Assistance Program (SNAP) funding, include money for pensions, and a federal mandate for states to

for states, cities, small businesses and farmers, expand unemployment benefits, and another round of direct cash payments for Americans (read the full letter here: Letter). This is a departure from the sprawling infrastructure-focused legislation she and other top Democrats were

set up vote by mail for the presidential election.

5. Governors are pushing Education Secretary Betsy DeVos to immediately distribute more than \$30 billion in education funds for states, school districts and higher education included in the CARES Act. Arkansas Governor Asa Hutchinson and Washington Governor Jay Inslee sent a letter to Secretary DeVos on April 3 on behalf of the National Governor urging her to make sure states have maximum flexibility so they can determine how to best address their community needs. The department hasn't provided any indication of how or when it plans to distribute the money.

6. The U.S. Supreme Court will postpone oral arguments scheduled for its April session amid the Coronavirus pandemic (it has not heard cases since March 4, although the justices continue to conduct their regular Friday conferenc-

es). Six of the 9 justices are age 65 or older. estances permit.

7. The GOP-controlled Wisconsin Legislature filed an emergency stay request with the U.S. Supreme Court asking it to block a lower-court order that extended the deadline for Wisconsin voters to submit absentee ballots in the state's upcoming primary election until April 13 – six days after the election, which is scheduled for Tuesday, April 7.

8. The Democratic National Committee is postponing the Democratic National Conven-

tion in Milwaukee from July 13 to August 17, the week before the GOP Convention's in Charlotte, NC on August 24. Former Vice President Joe Biden said on Sunday that the convention may have to be conducted in "virtual" mode.

Ron Hamm, President  
THE HAMM CONSULTING  
GROUP LLC  
400 North Capitol Street, NW  
Suite 585  
WASHINGTON D.C. 20001  
V: 202-596-8384

You love this town, this neighborhood, this house!  
*Then you'll love this bank.*

MEMBER FDIC  
EQUAL OPPORTUNITY LENDER  
NMLS# 401921

Birmingham • Decatur • Destin  
Florence • Huntsville • Inlet Beach  
Jones Valley • Madison • Vestavia

ProgressBank  
myprogressbank.com



## Oprah Winfrey Ten Keys To Success

1. Understand the next right move
2. Sieze your opportunity
3. Everyone makes mistakes
4. Work on yourself
5. Run the race at hand as you can
6. Believe
7. We are all seeking the same thing
8. Find your purpose
9. Stay grounded
10. Relax, it's going to be ok

**Publisher**

The Valley Weekly, LLC

**Editor-in-Chief**

Dorothy W. Huston, Ph.D.

**Editorial Consultant/  
Senior Editor**

Jerome Saintjones, Ed.S.

**Editorial Assistants**Linda Burruss  
Phyllis Chunn  
Gary T. Whitley, Jr.**Advertising Associate**

Phyllis Chunn

**- Contributing Editors -**

tim allston

Lamar A. Braxton, Jr.  
Minister Preston Brown  
Cody L. "Global" Gopher  
Ron Hamm  
Pastor Michael D. Rice**Website Administrator**

Calvin Farier

**Mailing Address:**The Valley Weekly  
415A Church Street - Suite 100  
Huntsville, AL 35801  
(256) 651-9028  
[www.valleyweekllyllc.com](http://www.valleyweekllyllc.com)  
Copyright 2019

Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to [info@valleyweekllyllc.com](mailto:info@valleyweekllyllc.com). Items do not necessarily reflect the views of The Valley Weekly, LLC.

Submissions to TVW do not necessarily reflect the belief of the editorial staff and TVW is not responsible for the authenticity of submissions.

**The Valley Weekly****Ad Rates Single Issue**

Back Cover	10x10-inches	\$1,000
Full Page	10x10 inches	\$800
3/4 Page	7.5x10 inches	\$600
Half Page	<i>Horizontal</i> 5x10 inches	\$400
	<i>Vertical</i> 10x5 inches	\$400
Fourth Page	5x5 inches	\$200
Eighth Page	2.5x5 inches	\$100
Sixteenth Page	2.5x2.5	\$50
Classified	1 col.x1 inch (4 col. in. minimum=\$24)	\$6

6 Month/1 Yr.-10% &amp; 20% Discount!

# Remembering a Local Icon

## Rev. John Loritts Herndon, III

John Loritts Herndon, III was born in Lincolnton, N.C., on June 29, 1939 to John Herndon, II and Fannie Elizabeth Reinhardt. He was raised in Lincolnton by his uncle and aunt, Emory and Annie Loritts.

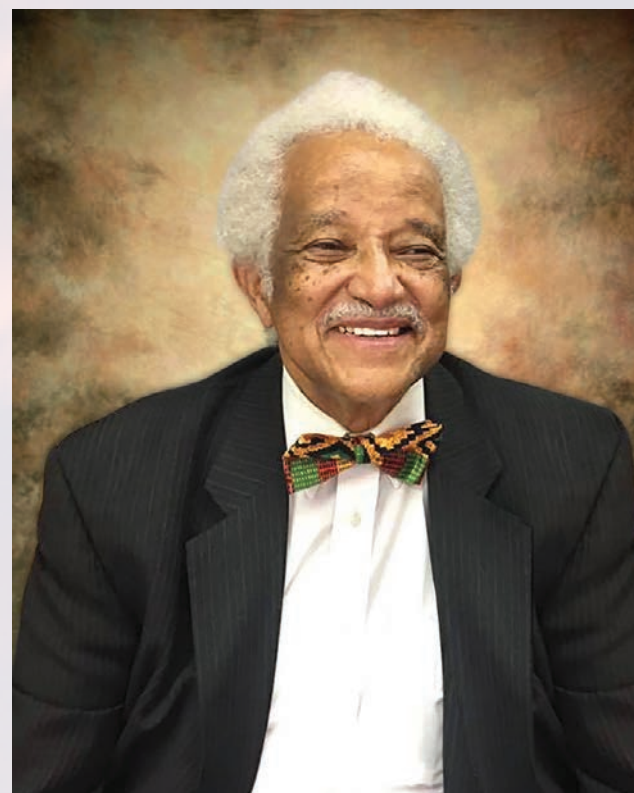
He received a B.S. degree in chemistry from Livingston College (N.C.) in 1960 and a Master of Divinity degree from Columbia Theological Seminary in 1985. His first calling was as a scientist. From 1960-65, he served as a research psychophysicologist at the School of Aerospace Medicine in San Antonio, Tex. He served as an administrator in the NASA Office of Technology Utilization in Washington, D.C., from 1969-77. He also served from 1977-81 as the Deputy Commissioner of the Georgia Department of Mental Health in Atlanta, Ga.

He received a call to ministry and began his training at Columbia Theological Seminary. He was called in 1985 to serve as a minister of the Word and Sacrament at the Fellowship Presbyterian Church in Huntsville, Ala. He served as the pastor for 24 years. After his retirement from Fellowship in 2009, John and Tommie (the phenomenal woman of his life) joined Center Grove United Methodist Church.

A few of his remarkable offerings as pastor, in the church and in the community included serving on the General Assembly Council and chairing its nominating committee; serving as Vice President of the former Advisory Committee on Ecumenical and Interfaith Relations; serving in the General Assembly Standing Committee on Theological Education; serving on the General Assembly Evangelism Committee, and being a moderator candidate for the 212th General Assembly.

His awards and honors include receiving the Livingstone College Alumni Achievement Award, the United Negro College Award for Excellence, the Alpha Phi Alpha Dr. Martin Luther King Unity Award, the Twenty Distinguished Men's Religious Service Award, Alabama A&M University Family of the Year Award, and many others.

He leaves to cherish his memories: his loving wife of 33 years, Tommie Griffin Herndon; three daughters: Nicole (Stanley) Fields, Tolonya Tonette Griffin and Natonya Nanette Griffin; four sons: Michaeljon (Latonya) Herndon, Eugene Griffin, Trent Griffin, and Turi (Devondria) Griffin; and a host of nieces, nephews, cousins, relatives and friends.





## AAMU 1971 Grads Sought for 50th Reunion Celebration

Calling all Alabama A&M University graduates of the CLASS OF 1971!

Plans are being made for the 50th year reunion to be held in May 2021. Your support and input are needed.

For details and updates contact the reunion class agents - Mrs. Agnes Holley Smith at aeholley-smith@gmail.com or Rev. Jonell Yarbrough Calloway at jonellcaloway@att.net.

## 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.

*“Every moment  
is a fresh  
beginning.”*

- T. S. Eliot

**SERENITY  
FUNERAL HOME**

2505 University Dr. NW  
Huntsville, Alabama 35816  
(256) 539-9693

**A New Generation Of Service**

### Marshall England, Agent

600 Madison Street, SE - Suite B  
Huntsville, AL 35801  
Bus: 256.539.2014  
marshallengland@marshallengland.com

www.marshallengland.com

State Farm



**BURRITT  
ON THE MOUNTAIN**

*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!

3101 Burritt Drive • Huntsville, Alabama 35801 • 256.536.2882  
www.burrittonthemountain.com  
OPEN: April-October: Tuesday - Saturday: 9 am - 5 pm & Sunday: noon - 5pm  
November-March: Tuesday - Saturday: 10am - 4pm & Sunday: noon - 4pm

## Perspectives on EGO-holism

by tim allston

### Bravo, Cuomo (vs. Trump): Who's the Real “King of Queens”?

“He that is greatest among you shall be your servant”  
- Matthew 23:11, KJV.

#### Momma's Boys

When confronted by a “stage mom” campaigning for her disciple sons James and John to receive prominent positions in his kingdom, Jesus replied with the above scripture: the one(s) most willing to serve - rather than those angling to be served - will mostly likely lead.



#### The New “Must-See” TV

During this stay-at-home coronavirus crisis period where TV sports channels loop endlessly rerun contests and label them “classics,” New York Governor Andrew Cuomo's daily press briefings (approximately 10:30 a.m., CST, carried on all cable news networks) are the new “must-see” TV.

When his briefings are compared to those of President Trump, his fellow Queens, NY native, Cuomo's servant leadership style mimics more closely that of Jesus Christ, which is more credible, consistent and empathetic. For example:

- Both JC and AC apprenticed under their fathers - Cuomo under fellow three-term NY Gov. Mario Cuomo, and Christ under both his heavenly and earthly fathers;
- At crises' peaks, both showed public empathy and protection especially for their mothers - while dying on the cross, Jesus sought protection for his mother (John 19:27), while Cuomo named the new “Matilda Bill” to protect the state's most vulnerable populations (70 years and older, people with compromised immune systems and those with underlying illnesses), after his 88-year old mother;
- Neither chased the spotlight, but each was equipped and unflinching when their leadership was demanded;
- Each responded in their crisis moment, by stepping up;
- Each preferred initially to lead only in their smaller spaces - Jesus to the Jews, Cuomo to the Empire State;
- Both deflected others' efforts to push them to seek the top spot, <https://www.usatoday.com/story/news/politics/2020/03/31/andrew-cuomo-says-no-when-pressed-brother-presidential-run/5093212002/>;
- Neither sought to lead alone - Cuomo teamed with neighboring CT and NJ governors in forging a regional pact, while Jesus trained and teamed with his disciples;
- Both are masterful storytellers - Jesus with parables, and Cuomo with PowerPoints;
- Neither evidenced fear to present hard truths to their audiences;
- Neither was afraid to criticize constructively yet tastefully;
- Both showed anger when appropriate, un-apologetically; and
- Both challenged the Establishment, although each was the Establishment!

Q: When confronted with crises, which “King of Queens” style will you follow?

Life Coach tim allston is the author of the free book, *7 Steps to Manage Ego Problems: The How-to Guide for “Someone Else,”* download-able now at [www.GetEgoHelpNow](http://www.GetEgoHelpNow)

# Champion Game Plan for Life *by Preston Brown*

## “DO YOU TRUST GOD?”

Job 13:15 says, “*Though he slay me, yet will I trust Him.*”

You know, there is no doubt that we are living in a time when the devil is trying to destroy our faith, so we have to be strong right now.

It’s time to draw strength from the word of God, like we find with Job, because Job knew that no matter what we go through, it all comes down to the same question, “Do you trust God?”

You see, Job understood that it was a matter of trust and if we

trust in God, then it doesn’t really matter. Job understood that when things don’t make sense and when he doesn’t understand God’s ways, he says, “I will still trust in Him.”

Job’s message is for all of us, especially in these difficult times, that no



matter what happens, I’ve decided to trust in God.

Now, sometimes we may

say that we trust God, but we don’t act like it, because we are still anxious about everything.

Remember, the Apostle Paul tells us, “Be anxious for nothing, but pray about everything.” Because sometimes we can’t just “figure” everything out, we have to trust God and have faith in Him.

You see, not only did Job trust in God, but he also had faith in God, because faith and trust go hand in hand. So, let us be strong in our faith and continue to trust in the sovereignty of God.

Stay encouraged, my brothers and

sisters!

## W&A WOMACK & ASSOCIATES LLC

“Partnering With You to Make Informed Decisions”

- \*Comprehensive Financial Planning
- \*Estate Planning
- \*Accounting Services
- \*Tax Planning and Preparation for Individuals, Businesses, Estates and Trusts

**To learn more contact us:**

Lori A. Womack, CPA/PFS, CFP®  
Managing Member

[womack@womackassociatesllc.com](mailto:womack@womackassociatesllc.com)

4650 Whitesburg Dr S, Suite 101  
Huntsville, Alabama 35802  
256-534-1360

## REQUEST FOR PROPOSALS (RFP)

Request for professional services in preparation of

### Community Development Block Grant (CDBG) Public Services and Neighborhood Stabilization Program

**FY2020-2025**

**(Program Years: July 1, 2020 – June 30, 2025)**

The City of Huntsville Community Development is seeking proposals for the provision of services for low to moderate-income residents, to include the underserved and at-risk populations (elderly, handicapped, youth, and/or persons with disabilities). These funds should meet HUD’s guidelines and the City’s Consolidated/Action Plan identified needs. Community Development anticipates receiving approximately \$6,667,125.00 in CDBG funds for public services and neighborhood stabilization activities over the next 5-years. A complete copy of the RFP is available on-line at [www.hsvcity.com/comdev/index.php](http://www.hsvcity.com/comdev/index.php). The deadline for all applications is April 30, at 2:00 pm.

## REQUEST FOR PROPOSALS (RFP)

Demande de services professionnels en préparation

### Programme de subventions de bloc de développement communautaire (CDBG) Programmes de stabilisation des services publics et de quartier

**Exercice 2020-2025**

**(Années de programme : 1er juillet 2020 - 30 juin 2025)**

La Ville de Huntsville Community Development est à la recherche de propositions pour la prestation de services aux résidents à revenu faible ou moyen, afin d’inclure les populations mal desservies et à risque (personnes âgées, handicapées, jeunes et/ou personnes handicapées). Ces fonds devraient répondre aux lignes directrices du HUD et au Plan d’action consolidé/d’action de la Ville. Développement communautaire prévoit recevoir environ 6 667 125 ,00 \$ en fonds du GDC pour les services publics et les activités de stabilisation de quartier au cours des cinq prochaines années. Une copie complète de la DP est disponible en ligne à [www.hsvcity.com/comdev/index.php](http://www.hsvcity.com/comdev/index.php). La date limite pour toutes les demandes est le 30 avril, à 14 h.



## Albert’s Flowers

Located Downtown in Medical District; Closest Florist to Huntsville Hospital  
Free Delivery to Huntsville Hospital and Local Funeral Homes

**716 Madison Street - Huntsville, AL 35801**

**FLOWERS, GIFTS,  
EXOTIC FLOWERS**

**Graduate of  
American Floral Art School**

**256-533-1623**

**256-536-6911**

**[www.albertsflowers.com](http://www.albertsflowers.com)**



# Valley Deaths

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

Graveside service for **MRS. BONNIE ROBINSON** (b. 1952) was held Saturday, April 4, at the Saint Ruth Cemetery with Pastor Dr. Maurice Childress officiating.

Funeral service for Civil Rights Movement icon **REVEREND DR. JOSEPH ECHOLS LOWERY** (b. 1921) of Atlanta, Ga., and a native of Huntsville, Ala., was private at the request of the Lowery family.

Graveside service for **MRS. SUPHRONIA B. ROBINSON** (b. 1929) was held Saturday, March 28, at Meadowlawn Garden of Peace (450 Mount Lebanon Road - Toney, Ala.).

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

Graveside service for **MRS. EMMA LISA GREEN MOORE** (b. 1965) was held Thursday, April 9, at Denison Cemetery (George Washington Street, Stewart Road, Tanner, Ala.).

Due to the COVID-19 Pandemic, at the family's request funeral service for Ms. Alice Jane Jefferson (b. 1954) was private.

Graveside service for **MRS. MATTIE SUE SMITH** (b. 1950) was held Wednesday, April 8, at the Meadowlawn Garden of Peace (450 Mount Lebanon Road, Toney, Ala.).

Funeral service for **MR. OSCAR EASON** will be 11 a.m., Saturday, April 4, at the Royal Chapel of Memories.

A private service was held for **REV. DR. JOHN LORITTS HERNDON, III** (b. 1939) on Saturday, April 4.

Graveside service for **MR. KELCEY WAYNE "UNK" SMITH** (b. 1974) was held Saturday, April 4, at the Strong Cemetery (Robert Strong Road Huntsville, Ala.) with Pastor Wayne Smith officiating.

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

Funeral service for **MR. JASON DEVON KELLY, JR.** (b. 1975) was held Thursday, March 26, at Serenity Funeral Home with Pastor Stephen R. Davis, Sr., officiating.

## MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.



**JAMES F SMITH & ASSOCIATES**  
256-852-7310

415 CHURCH ST NW BUILDING B  
HUNTSVILLE  
jamesfsmith@allstate.com



**Allstate**

Subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co. © 2013 Allstate Insurance Co.

168974

### WOODY ANDERSON



MUSTANG CAFÉ



**HENRY'S MUSTANG CAFÉ**  
2500 Jordan LN NW ~ (256) 517-1288

**BREAKFAST SERVED**  
M-F 6:30AM - 11AM  
SATURDAY 7:00AM - 11AM

**LUNCH SERVED**  
MONDAY THRU FRIDAY  
11:00AM UNTIL 2:00 PM

We cater!



Buy One Get One **50% OFF**

To Redeem: Bring in this coupon and present at time of purchase.  
Restrictions: Not valid with any other offer, promotion or discount. Tax and gratuity not included. One discount per ticket.



### Ivory W. Reedus, LUTCF

Agent

AL #A-058076

### New York Life Insurance Company

200 Clinton Avenue, Suite 600

Huntsville, AL 35801

Tel: 256-517-5922 Direct

Tel: 256-852-7328

Fax: 256-593-1842

ireedus@ft.newyorklife.com

New York Life "The Company You Keep"



## Make Your Gift A **WINNER** This Year!



**The Houndstooth Card**<sup>TM</sup>  
PRE-PAID GIFT CARD

**BRYANT BANK**

**HOUNDSTOOTH CARD FEES & RESTRICTIONS:** \$20 minimum per card; \$500 maximum. \$5 per month inactivity fee after 12 months. \$5 reissue fee. Some restrictions may apply. Purchase and use of gift card subject to certain fees & the VISA Gift Card Terms & Conditions. Contact your local Bryant Banker for more details.

Member FDIC

## COVID-19 and Fingernails: To Cut or Not to Cut

from BlackDoctor.org

In normal times, having beautiful long nails is desired. The nail business was booming before mid-March. But did you know, viruses (yes, coronavirus) and bacteria can lurk underneath those beautiful nails! They can be a hotbed for all kind of germs. Is it time to cut them off, for now?!

Well, if it were up to the Center for Disease Control (CDC), we would all wear our nails short. "Fingernails should be kept short, and the undersides should be cleaned frequently with soap and water. Because of their length, longer fingernails can harbor more dirt and bacteria than short nails, thus potentially contributing to the spread of infection," as stated on the CDC website.

Many women just fell to the floor! For those that say cutting their nails is not an option, here is some advice for protecting yourself and others, especially now.

### Get a fingernail brush!

Having the right tool is critical for keeping your nails sanitized. This will help you reach underneath to the nail bed where you normally can't reach well.

### Stop biting your nails.

During these uncertain times, we are all anxious because you don't know when this crisis will end! When you're nervous and thinking about what to do next, you start biting your nails or you put your hand up to your mouth and play with your teeth (that's me). We must stop biting our nails and keep our hands out of our mouths.

Keeping your nails cut short, or at least clean, is a small step in staying safe.

# Called 2 Preach

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

## In "This" Way!

Acts 27:44

In this way, everyone reached land safely.

This final verse of this chapter tells of the survival of the 276 people aboard a ship that had been destroyed in a storm.

The Apostle Paul was on that ship, as a prisoner, and had encouraged everyone

by sharing with them what the angel of the Lord had told him in the night.

That message was that only the ship would be destroyed but no loss of life. This story also includes a part that speaks about a plan by the soldiers to kill the prisoners to prevent any of them from escaping by swimming away.



What those soldiers were ignorant of is what so many people are ignorant of; that is, the Sovereignty of God. HE sits high and looks low. His Sovereign

will for Paul was that he got to Jerusalem (Acts 20:24). The storm was a "part" of the journey, but the destination was Jerusalem.

What believers must learn and live by is the truth that God orders their steps. Verse 44 tells us that there was only one way for everyone on the boat to reach land safely.

Here's how God did it: He used the broken pieces of the ship for all those who could not swim and those who could, did.

That was God's providential way of achieving His purpose for Paul and the others on that ship. God has a "this way" for every situation.

Wait for His revelation.

*"Reactionary movements can't sustain themselves unless they find something new to catch and burn on."*

- N.K. Jemisin

### Spotlight on Our Elders ... Featuring

## Dr. Richard Showers

Dr. Richard Showers, Sr., earned the B.S. degree in agribusiness education from Alabama A&M University. He went on to pursue the M.S. degree in trade and industrial education, also from AAMU.

First elected in 1988, Dr. Showers represented District 1 on the Huntsville City Council. He retired on July 1, 2005, from the Huntsville City School System, where he was a career technical education teacher. He was also employed by the Huntsville Center for Technology as a basic career education teacher.

Dr. Showers has served on numerous planning commissions and boards that are instrumental to the successful growth and development of Huntsville. These boards include: Planning Commission, Metropolitan Planning Committee, Clean Commu-

nity Committee, Historical Preservation Authority and the Local Emergency Planning Committee and the Top of Alabama Regional Council of Governments.

He was affiliated with the National Education Association, Alabama Education Association, Huntsville Education Association, Community Action Agency Trustee Board, Alabama A&M University Trustee Board.

Showers was president of the Alabama State Missionary Baptist Laymen's Movement, first vice president of the National Baptist Layman's Movement, and a trustee at Selma University, Selma, Ala. He also is a life member of the NAACP, life member of the Alabama A&M Alumni Association, Inc.; and life member of Kappa Alpha Psi Fraternity, Inc.



He has been honored by Alabama A&M University for his continuous support of his Alma Mater and its initiatives, as well as by the Greater Huntsville Interdenominational Ministerial Fellowship and Alpha Phi Alpha Fraternity, Inc. (Martin Luther King, Jr., Unity Award).

Dr. Showers and his wife Bettye Ann are the proud parents of five children.

## Unsure whether you can retire? Let's talk.



**Lillian B Henderson**  
Financial Advisor

5045 Memorial Parkway Nw Ste E  
Huntsville, AL 35810  
256-852-5591

**Edward Jones**  
MAKING SENSE OF INVESTING

**Woody Anderson**  
is now Alabama's  
#1 Volume  
Ford Dealer!



Home of the  
★★★★★  
Experience!



**Woody Anderson Ford**  
[www.WoodyAndersonFord.com](http://www.WoodyAndersonFord.com) | 256-539-9441  
2500 Jordan Lane, NW Huntsville, AL 35816

**MB MARTINSON & BEASON, PC**  
ATTORNEYS AT LAW SINCE 1937

**Dedicated To You.  
Delivering Results.**

Personal Injury | Auto Accidents | Probate & Estate Administration  
Corporate Law | Real Estate Law | Divorce | Criminal Law

### Contact Us

Phone: 256-533-1667

Fax: 256-533-1696

[info@martinsonandbeason.com](mailto:info@martinsonandbeason.com)

[www.martinsonandbeason.com](http://www.martinsonandbeason.com)  
[facebook.com/martinsonandbeason](https://www.facebook.com/martinsonandbeason)



No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.



**APRIL 10 - KENNETH BRIAN "BABYFACE" EDMONDS** was born in Indianapolis, Ind., and is a Grammy Award-winning singer, songwriter, musician and producer.

- [BlackinTime.info](http://BlackinTime.info)

# COVID-19, Graduation & Me

by Raquel Reeves

Covid-19. The virus that took the world by storm.

When you picture your final days of your college career, what do you envision? Probably graduation pictures, senior celebrations, commencement practice and then graduation, right? Entering into my senior year of college, there was one thing I didn't anticipate ... Covid-19.

As my final spring week came to a close on the campus of Alabama A&M University, the buzz about Covid-19, or Coronavirus 2019, had made its way to the Rocket City. Students were notified on March 12, 2020, that the campus would be closing and that students were to evacuate the campus no later than March 20! I believe the University gave us a good amount of time to pack up and make accommodations. Based on surrounding schools

and social media, I already knew this campus closure was approaching.

On my journey home, I got to thinking about all the things that I had planned and the little things that seemed so small at the time that turned out to mean a lot. I was really looking forward to having my first real Spring Break with my friends, a 7-day post-grad cruise; graduation pictures; the graduation ceremony; and even the Honors Convocation. These are just some little things that we seniors "expected" to happen—not knowing that it could be taken away from us in an instant.

We can't even officially call ourselves "graduates" or "alumni." We spent our whole lives in school in hopes of one day knowing that our families would see us walk across the stage to get a degree, with that brief moment making all of

those sleepless nights worth it.

Transitioning to online classes took a lot away from the classes I'm currently enrolled in. You can't really experience a directing class or an internship via Blackboard. Therefore, for a majority of my classes, I just had to submit one final assignment and that concluded the class. This virus not only eliminated all of my senior festivities, but it eliminated most of the work, as well. For most, you would think this would be a good thing, but I'm not even getting the chance to really learn with this education I spent so much money on. Yes, in classes like Spanish we're still participating and taking quizzes, but are we really absorbing what these professors are saying from 500 miles away?

When I think of A&M, I think of family. I went to

a predominately white high school where I didn't really have many friends. Nobody knew who I was. But when I came to A&M, everyone saw the real me, wanted to get to know me and accepted me. I gained lifelong friendships, an amazing sisterhood and memories that I'll always cherish—from going to fried chicken Tuesday and Wednesday—to walking to Blessin's with my friends. From block parties on The Block to holiday celebrations in 'the caf'—A&M has always felt like home, and I couldn't have received a better college experience from anywhere else. I'll always be a proud Bulldog.

However, as a member of the "graduating" senior class, I must admit that Covid-19 has affected my life tremen-



dously. This wasn't exactly how I planned to end the last semester of my undergraduate career. All festivities have been postponed, cancelled and/or refunded. But although my time has ended prematurely, I will say the memories I've made over the past four years are ones I'll be able to keep with me for a lifetime.

I will *always* remember 2020!

## 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.



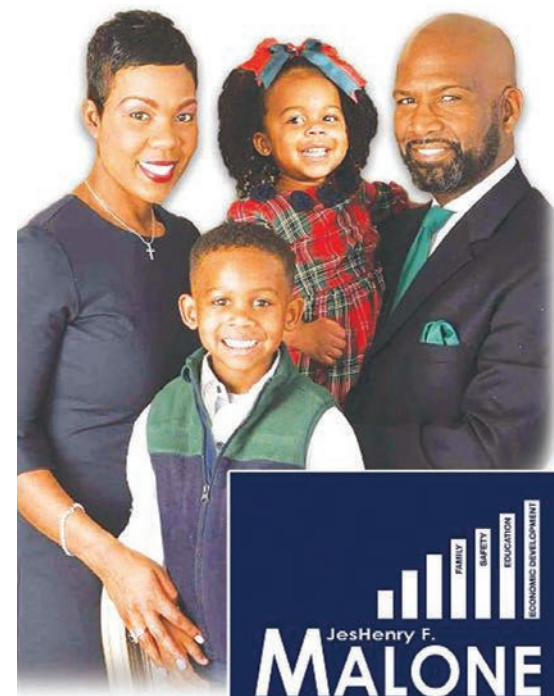
# JesHenry Malone Commissioner District 6

Paid for by Friends of JesHenry Malone, P.O. Box 724, Normal, AL 35672

### As Commissioner, JesHenry Malone:

- Secured the funding for the first road built in 20 years in District 6 and will continue to fight for our fair share for roads and infrastructure .
- Is working to recruit additional industries to the North Huntsville Industrial Park to provide jobs for our community.
- Will continue to fight to move our commission forward and to keep our streets safe and lower our crime.
- Moved our county forward by helping to bring Mazda Toyota to our county.
- Will continue to fight for our quality of life including our schools and recreation.
- Will continue to support Alabama A&M University, Oakwood University and University of Alabama Huntsville.
- Led the effort for the new service center to be located in District 6.

VOTE  
TUESDAY  
JULY  
14th!



JesHenry F.  
**MALONE**  
— Commissioner —  
COMMUNITY STRONG



Endorsed by:  
• Alabama Democratic Conference  
• Committee of 100  
• Huntsville Area  
• Association of Realtors